



**Wildcat  
Recreation Center**  
Associated Students Chico State

# Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
7:00 AM	Spin 7:15-8:00 AM Abigailgrace 260	Yoga 7:00-7:50 AM Kristen 230	Spin 7:15-8:00 AM Remy 260	Yoga 7:00-7:50 AM Kristen 230		
8:00 AM	Strength & Cond. 8:15-9:00 AM Puru 250	Spin 8:00-8:45 AM Kristen 260	Strength & Cond. 8:15-9:00 AM Puru 250	Spin 8:00-8:45 AM Kristen 260	Strength & Cond. 8:15-9:00 AM Puru 250	
9:00 AM		Kettlebell 101 9:00-10:00 AM Puru 250		Kettlebell 101 9:00-10:00 AM Puru 250		
10:00 AM						
11:00 AM						
12:00 PM	Rhythmic Spin 12:00-12:45 PM Alex 260	Barre Fitness 12:00-12:45 PM Kristen 240	Spin 12:00-12:45 PM Remy 260	Barre Fitness 12:00-12:45 PM Kristen 240	Rhythmic Spin 12:00-12:45 PM Alex 260	
	Yoga 12:00-1:00 PM Molly 230		Yoga 12:00-1:00 PM Molly 230		Restorative Yoga 12:00-12:45 PM Molly 230	
1:00 PM						
2:00 PM						
3:00 PM						
4:00 PM						
4:30 PM	SUP Pilates 4:30-5:00 PM Alex Pool					
5:00 PM	Spin Express 5:00-5:30 PM Shannon 260	Spin & Strength 5:00-5:50 PM Brianna 260	Spin Express 5:00-5:30 PM Shannon 260	Spin & Strength 5:00-5:50 PM Hannah 260		
	Zumba 5:00-5:45 PM Kristen 240		Zumba 5:00-5:45 PM Kristen 240			
5:30 PM	Spin Express 5:30-6:00 PM Kim 260	Yoga 5:30-6:30 PM Shannon 230	SUP Yoga 5:30-6:00 PM Alex Pool	Yoga 5:30-6:30 PM Shannon 230		
			Spin Express 5:30-6:00 PM Luke 260			
6:00 PM	Butts & Guts 6:00-6:30 PM Sawyer 250	Interval Training 6:00-7:00 Emma 240	Butts & Guts 6:00-6:30 PM Sawyer 250	Interval Training 6:00-7:00 PM Hannah 240		
	Spin 6:00-6:45 PM Brianna 260	Rhythmic Spin 6:15-7:00 PM Abigailgrace 260	Spin 6:00-6:45 PM Hannah 260	Rhythmic Spin 6:15-7:00 PM Abigailgrace 260		
	Interval Training 6:00-7:00 Emma 240		Interval Training 6:00-7:00 Abigailgrace 240			
6:30 PM		Abs 6:30-7:00 PM Brianna 250		Abs 6:30-7:00 PM Brianna 250		
7:00 PM	Rhythmic Spin 7:00-7:45 PM Sawyer 260		Rhythmic Spin 7:00-7:45 PM Sawyer 260			
	Dance Fit 7:00-8:00 PM Angela 250	Spin 7:15-8:00 PM Kim 260	Dance Fit 7:00-8:00 PM Angela 250	Spin 7:15-8:00 PM Kim 260		
	Pilates 7:15-8:00 PM Abigailgrace 240		Pilates 7:15-8:00 PM Abigailgrace 240			

Butts & Guts 5:00-5:30 Hannah 250
Spin 5:00-5:45 PM Luke 260

Room 230
Room 240
Room 250
Room 260
POOL