



Wildcat
Recreation Center
Associated Students Chico State

Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM		Spin 7:15-8:00 AM Brianna 260		Spin 7:15-8:00 AM Brianna 260			
8:00 AM	Spin 8:00-8:45 AM Bella 260	Pilates 8:15-9:00 AM Jenna 250	Spin 8:00-8:45 AM Bella 260	Pilates 8:15-9:00 AM Jenna 250	Strength & Cond. 8:15-9:00 AM Puru 250		
	Strength & Cond. 8:15-9:00 AM Puru 250		Strength & Cond. 8:15-9:00 AM Puru 250				
	Yoga 8:15-9:00 AM Kristen 230		Yoga 8:15-9:00 AM Kristen 230				
12:00 PM	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	Spin 12:00 - 12:45 PM Jose 260	
	Rhythmic Spin 12:15-1:00 PM Alex 260		Rhythmic Spin 12:15-1:00 PM Alex 260		Rhythmic Spin 12:15 - 1:00 PM Alex 260		
12:30 PM	Pilates 12:30-1:15 PM Britany 250		Pilates 12:30-1:15 PM Abigailgrace 250				
3:00 PM		SUP Pilates 3:00-3:30 PM Alex Pool		SUP Yoga 3:00-3:30 PM Alex Pool			
4:00 PM		Barre Fitness 4:00-4:45 PM Kristen 240		Barre Fitness 4:00-4:45 PM Kristen 240			
		Flow/Restore Yoga 4:15-5:00 PM Gillian 230		Flow/Restore Yoga 4:15-5:00 PM Gillian 230			
		Just Dance 4:15-5:15 PM Gabriela 250		Just Dance 4:15-5:15 PM Gabriela 250			
5:00 PM	Spin 5:15-6:00 PM Britany 260	Spin & Strength 5:00-6:00 PM Abigailgrace 260	Spin 5:15-6:00 PM Cara 260	Spin & Strength 5:00-6:00 PM Abigailgrace 260		Butts & Guts 5:00-5:30 Hannah 250	
	Pilates 5:15-6:00 PM Abigailgrace 250	Interval Training 5:15-6:00 PM Emma 240	Pilates 5:15-6:00 PM Abigailgrace 250	Interval Training 5:15-6:00 PM Emma 240			
5:30 PM	Barre Fitness 5:30-6:15 PM Becky 240	Yoga 5:30-6:15 PM Emer 230	Barre Fitness 5:30-6:15 PM Becky 240	Yoga 5:30-6:15 PM Emer 230		Spin 5:30-6:15 PM Abbie 260	
	Hatha Yoga 5:30-6:15 PM Grace 230	Abs 5:30-6:00 PM Brianna 250	Hatha Yoga 5:30-6:15 PM Grace 230	Abs 5:30-6:00 PM Cara 250			
6:00 PM	Butts & Guts 6:15-6:45 PM Emma 250	Circuit 45 6:15-7:00 PM Becky 240	Butts & Guts 6:15-6:45 PM Sawyer 250	Circuit 45 6:15-7:00 PM Becky 240			
	Spin 6:15-7:00 PM Abbie 260	Spin 6:15-7:00 PM Kim 260	Spin Intervals 6:15-7:00 PM Hannah 260	Spin 6:15-7:00 PM Kim 260			
		Pilates 6:15-7:00 PM Brianna 250		Pilates 6:15-7:00 PM Cara 250			
6:30 PM	Vinyasa Yoga 6:30-7:15 PM Jenna 230		Flow/Restore Yoga 6:30-7:15 PM Jenna 230				
7:00 PM	Dance Fit 7:00-8:00 PM Angela 250	Barre Fitness 7:15-8:00 PM Monse 240	Dance Fit 7:00-8:00 PM Angela 250	Barre Fitness 7:15-8:00 PM Sarah 240		Swimming Pool	
	Rhythmic Spin 7:15-8:00 PM Abigailgrace 260	Butts & Guts 7:15-7:45 PM Caitlin 250	Rhythmic Spin 7:15-8:00 PM Sawyer 260	Butts & Guts 7:15-7:45 PM Monse 250		Room 230	
	Interval Training 7:15-8:00 PM Brianna 240	Rhythmic Spin 7:15-8:00 PM Alex 260	Interval Training 7:15-8:00 PM Hannah 240	Rhythmic Spin 7:15-8:00 PM Madison 260		Room 240	
						Room 250	
						Room 260	
The Well at Bell Memorial Union	Yoga Abs 1:45-2:15 PM	Gentle Yoga 1:00-1:30 PM	Restorative Yoga 1:45-2:15 PM	Restorative Yoga 1:00-1:30 PM	Gentle Yoga 1:00-1:30 PM		The WELL at BMU
	Sound Bowl 2:30-3:00 PM	Meditation 1:40-2:00 PM	Sound Bowl 2:30-3:00 PM	Meditation 1:40-2:00 PM			Effective: August 21