WREC • Group Exercise Schedule • Spring 2020

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	Monday		Tuesday		Wednesday		Thursday	Friday	Saturday	Sunday	
6:15 AM	Spin		Spin		Spin		Spin				_
0.13 AM	6:15 - 7:00am	260	6:15 - 7:00am	260		260	6:15 - 7:00am				
	Brooke	7	Nicole	2	Val	2	Nicole				
7:00 AM											
7.007											
8:00 AM	Interval Training	V			Interval Training	٧		Interval Training ≥			
0.00 AW	8:00 - 9:00am	PTGYM			8:00 - 9:00am	GYM		Interval Training と 8:00 - 9:00am じ			
	Jorden	ΔĬ			Jorden	PT		Jorden			
9:00 AM	Jorden				Jorden			Jorden			
9:00 AW											
10.00 888											
10:00 AM											
11.00 084											
11:00 AM											
42.00 PM	30 Minute Spin		Spin		30 Minute Spin		Spin	30 Minute Spin			
12:00 PM		.0		09		9					
	12:00 - 12:30pm	260	12:00 - 12:45pm	260		260	12:00 - 12:45pm	12:00 - 12:30pm			
	Val		Heidi		Brooke		Heidi	Val			
12:30 PM	ABS	0			ABS	0		ABS			
	12:30 - 1:00pm	250				250		12:30 - 1:00pm S			
	Yoseleen				Yoseleen			Yoseleen			
1:00 PM			Foam Roll Stretch	GYM			Foam Roll Stretch 1:00 -1:30pm Morgan				
			1:00 -1:30pm	PT G			1:00 -1:30pm ઇ ⊢				
			Morgan				Morgan <u>a</u>				
2:00 PM											
			1								
3:30 PM		0			Yoga	0		Yoga			
	3:30 - 4:30pm	250			3:30 - 4:30pm	250		3:30 - 4:30pm			
	Lance				Lance			Lance			
4:00 PM	Fuego				Fuego			Jiu Jitsu		Jiu Jitsu	
	4:00 - 4:45pm	240			4:00 - 4:45pm	240		4:00 - 5:30pm		4:00 - 5:30pm	230
	Yoseleen				Yoseleen			Robert		Robert	
5:00 PM	Butts & Guts		ABS		Butts & Guts		ABS			ABS	
	5:00 - 5:30pm	250	5:00 - 5:30pm	250	5:00 - 5:30pm	250	5:00 - 5:30pm %			5:00pm - 5:30pm	240
	Caitlin		Caitlin		Leslie		Leslie			Heidi	
5:30 PM	Yoga		Spin		Yoga	1	Spin	Acro Yoga		Yoga	
	5:30 - 6:30pm	250	5:30 - 6:15pm	260	5:30 - 6:30pm	250	5:30 - 6:15pm 9	5:30 - 6:30pm ల్లో		5:30 - 6:30pm	250
	Karlie		Cara		Cat		Cara	Lance		Sophie	
	30 Minute Spin		Yoga		30 Minute Spin		Yoga			Spin & Strength	
	5:30 - 6:00pm	260	5:30 - 6:30pm	250	5:30 - 6:00pm	260	5:30 - 6:30pm %			5:30pm - 6:30pm	260
	Caitlin		Lance		Caitlin		Cat			Cara	
			Interval Training				Interval Training			•	
			5:30 - 6:30pm	240			5:30 - 6:30pm 04				
			Caitlin				Caitlin				
6:00 PM	Spin & Strength				Spin & Strength						
	6:00 - 7:00pm	260			6:00 - 7:00pm	260					
	Alex	- ' '			Natalie K.						
6:30 PM	Boxing		Acro Yoga		Kickboxing						
	6:30 - 8:00pm	230	6:30 - 7:30pm	230	6:30 - 8:00pm	230					
	Riley	~	Lance	7	Riley	~					
	Butts & Guts		Fuego		Butts & Guts		Just Dance				
	6:30 - 7:00pm	240	6:30 - 7:15pm	240	6:30 - 7:00pm	240	6:30 - 7:15pm 04				
	Darniece	7	Giianna	2	Darniece	7	Zaynah				
	Yoga				Yoga		<u>, , , , , , , , , , , , , , , , , , , </u>	<u></u>			
	6:30 - 7:30pm	250			6:30 - 7:30pm	250				PT GYM	
	Sophie	2			Sophie	2					
	Foam Roll Stretch	V	Flexibility/Stretch	V	· ·	V	Flexibility/Stretch >			Room 230	
	6:30 - 7:00pm	PTGYM	6:30 - 7:00pm	PTGYM	6:30 - 7:00pm	PTGYM	Flexibility/Stretch & S S S S S S S S S S S S S S S S S S				
	Dani	PT(Dani	PT(Dani	PT(Dani			Room 240	
7.20 DM		_	Spin		Spin		Spin				
7:30 PM	7:30 - 8:15pm	260	7:30 - 8:15pm	260		260	7:30 - 8:15pm 9			Room 250	
	Helen	7	Alex	2	Helen	2	Natalie K.				
	Helen		MMA		TICICII		MMA			Room 260	
			7:30 - 9:00pm	30			7:30 - 9:00pm 8				
				230					4/2-12-	POOL	
			Yoan			ı	Yoan		1/21/20		