

WREC • Group Exercise Schedule • Spring 2020

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--|---|--|---|--|----------|--|
| 6:15 AM | Spin 6:15 - 7:00am Brooke | Spin 6:15 - 7:00am Nicole | Spin 6:15 - 7:00am Val | Spin 6:15 - 7:00am Nicole | | | |
| 7:00 AM | | | | | | | |
| 8:00 AM | Interval Training 8:00 - 9:00am Jorden | | Interval Training 8:00 - 9:00am Jorden | | Interval Training 8:00 - 9:00am Jorden | | |
| 9:00 AM | | | | | | | |
| 10:00 AM | | | | | | | |
| 11:00 AM | | | | | | | |
| 12:00 PM | 30 Minute Spin 12:00 - 12:30pm Val | Spin 12:00 - 12:45pm Heidi | 30 Minute Spin 12:00 - 12:30pm Brooke | Spin 12:00 - 12:45pm Heidi | 30 Minute Spin 12:00 - 12:30pm Val | | |
| 12:30 PM | ABS 12:30 - 1:00pm Yoseleen | | ABS 12:30 - 1:00pm Yoseleen | | ABS 12:30 - 1:00pm Yoseleen | | |
| 1:00 PM | | Foam Roll Stretch 1:00 - 1:30pm Morgan | | Foam Roll Stretch 1:00 - 1:30pm Morgan | | | |
| 2:00 PM | | | | | | | |
| 3:30 PM | Yoga 3:30 - 4:30pm Lance | | Yoga 3:30 - 4:30pm Lance | | Yoga 3:30 - 4:30pm Lance | | |
| 4:00 PM | Fuego 4:00 - 4:45pm Yoseleen | | Fuego 4:00 - 4:45pm Yoseleen | | Jiu Jitsu 4:00 - 5:30pm Robert | | Jiu Jitsu 4:00 - 5:30pm Robert |
| 5:00 PM | Butts & Guts 5:00 - 5:30pm Caitlin | ABS 5:00 - 5:30pm Caitlin | Butts & Guts 5:00 - 5:30pm Leslie | ABS 5:00 - 5:30pm Leslie | | | ABS 5:00pm - 5:30pm Heidi |
| 5:30 PM | Yoga 5:30 - 6:30pm Karlle | Spin 5:30 - 6:15pm Cara | Yoga 5:30 - 6:30pm Cat | Spin 5:30 - 6:15pm Cara | Acro Yoga 5:30 - 6:30pm Lance | | Yoga 5:30 - 6:30pm Sophie |
| | 30 Minute Spin 5:30 - 6:00pm Caitlin | Yoga 5:30 - 6:30pm Lance | 30 Minute Spin 5:30 - 6:00pm Caitlin | Yoga 5:30 - 6:30pm Cat | | | Spin & Strength 5:30pm - 6:30pm Cara |
| | | Interval Training 5:30 - 6:30pm Caitlin | | Interval Training 5:30 - 6:30pm Caitlin | | | |
| 6:00 PM | Spin & Strength 6:00 - 7:00pm Alex | | Spin & Strength 6:00 - 7:00pm Natalie K. | | | | |
| 6:30 PM | Boxing 6:30 - 8:00pm Riley | Acro Yoga 6:30 - 7:30pm Lance | Kickboxing 6:30 - 8:00pm Riley | | | | |
| | Butts & Guts 6:30 - 7:00pm Darniece | Fuego 6:30 - 7:15pm Gianna | Butts & Guts 6:30 - 7:00pm Darniece | Just Dance 6:30 - 7:15pm Zaynah | | | |
| | Yoga 6:30 - 7:30pm Sophie | | Yoga 6:30 - 7:30pm Sophie | | | | |
| | Foam Roll Stretch 6:30 - 7:00pm Dani | Flexibility/Stretch 6:30 - 7:00pm Dani | Foam Roll Stretch 6:30 - 7:00pm Dani | Flexibility/Stretch 6:30 - 7:00pm Dani | | | |
| 7:30 PM | Spin 7:30 - 8:15pm Helen | Spin 7:30 - 8:15pm Alex | Spin 7:30 - 8:15pm Helen | Spin 7:30 - 8:15pm Natalie K. | | | |
| | | MMA 7:30 - 9:00pm Yoan | | MMA 7:30 - 9:00pm Yoan | | | |

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| Jiu Jitsu 4:00 - 5:30pm Robert | 230 |
| ABS 5:00pm - 5:30pm Heidi | 240 |
| Yoga 5:30 - 6:30pm Sophie | 250 |
| Spin & Strength 5:30pm - 6:30pm Cara | 260 |

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| PT GYM |
| Room 230 |
| Room 240 |
| Room 250 |
| Room 260 |
| POOL |