

# 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 Valerie	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 Valerie	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 Valerie		
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		Wrestling 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 Morgan	Butts & Guts 5:00 - 5:30pm Leslie	ABS 5:00 - 5:30pm Leslie			ABS 5:00pm - 5:30pm Carolena
5:30 PM	Yoga 5:30 - 6:30pm Karlie	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 Heidi
		Interval Training 5:30 - 6:30pm Caitlin		Interval Training 5:30 - 6:30pm Caitlin			
6:00 PM	Spin & Strength 6:00 - 7:00pm Alex		30 Minute Spin 6:00 - 6:30pm Natalie				
6:30 PM	Boxing 6:30 - 8:00pm Riley	Acro Yoga 6:30 - 7:30pm Lance	Kickboxing 6:30 - 8:00pm Riley				
	Yoga 6:30 - 7:30pm Sophie	Fuego 6:30 - 7:15pm Glianna	Yoga 6:30 - 7:30pm Sophie	Just Dance 6:30 - 7:15pm Zaynah			
	Butts & Guts 6:30 - 7:00pm Darniece		Butts & Guts 6:30 - 7:00pm Darniece				
	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 Cara	Spin 7:30 - 8:15pm Alex	Spin 7:30 - 8:15pm Cara	Spin 7:30 - 8:15pm Natalie			
		MMA 7:30 - 9:00pm Yoan		MMA 7:30 - 9:00pm Yoan			

1/28/20

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

PT GYM
Room 230
Room 240
Room 250
Room 260
POOL