## **WREC • Group Exercise Schedule • Spring 2020**

	Monday		Tuesday		Wednesday		Thursday	Friday	Saturday	Sunday
6:15 AM	Spin		Spin		Spin		Spin			
	6:15 - 7:00am	260	6:15 - 7:00am	260	6:15 - 7:00am	260	6:15 - 7:00am			
	Brooke		Nicole		Valerie		Nicole			
7:00 AM										
				ı						
8:00 AM	Interval Training	ΧW			Interval Training	PTGYM		Interval Training 8:00 - 9:00am		
	8:00 - 9:00am	PTGYM			8:00 - 9:00am	TG		<b>—</b>		
	Jorden	-			Jorden	-		Jorden <u></u>		
9:00 AM										
0:00 AM										
1:00 AM										
	20 Minute Cuin		Ci		20 Minute Cuin		Ct	20 Minute Cuin		
12:00 PM	30 Minute Spin 12:00 - 12:30pm	260	Spin	260	30 Minute Spin	, e	Spin 12:00 - 12:45pm	30 Minute Spin		
		76	12:00 - 12:45pm Heidi	12	12:00 - 12:30pm	260	12:00 - 12:45pm	12:00 - 12:30pm		
	Valerie ABS		neiui	4	Brooke ABS		neiui	ABS		
12:30 PM		20				250		0		
	12:30 - 1:00pm Yoseleen	250			12:30 - 1:00pm Yoseleen	2		12:30 - 1:00pm 57 Yoseleen		
1.00 DM	roseleen		Foam Roll Stretch		roseieen		Foam Roll Stretch	roseieen		
1:00 PM			1:00 -1:30pm	3Y.N			1:00 -1:30pm			
			Morgan	PTGYM			Foam Roll Stretch  1:00 -1:30pm  Morgan			
2.00 DM			Morgan				Worgan			
2:00 PM										
3:30 PM	Yoga			ſ	Yoga			Yoga		
3.30 FW	3:30 - 4:30pm	250			3:30 - 4:30pm	250		3:30 - 4:30pm 00		
	Lance	2			Lance	2		Lance		
4:00 PM	Fuego				Fuego			Wrestling		Jiu Jitsu
4:00 PW	4:00 - 4:45pm	240			4:00 - 4:45pm	240		4:00 - 5:30pm 0 m		4:00 - 5:30pm
	Yoseleen	2,			Yoseleen	2		Robert		Robert
5:00 PM	Butts & Guts		ABS		Butts & Guts		ABS			ABS
3.00 FW	5:00 - 5:30pm	250	5:00 - 5:30pm	250	5:00 - 5:30pm	250	5:00 - 5:30pm %			5:00pm - 5:30pm
	Caitlin	2	Morgan	2	Leslie	2	Leslie			Carolena
5:30 PM	Yoga		Spin		Yoga		Spin	Acro Yoga		Yoga
3.30 i iii	5:30 - 6:30pm	250	5:30 - 6:15pm	260	5:30 - 6:30pm	250	5:30 - 6:15pm 09	5:30 - 6:30pm 8		5:30 - 6:30pm
	Karlie	7	Cara	~	Cat	2	Cara	Lance		Sophie
	30 Minute Spin		Yoga		30 Minute Spin		Yoga	ļ.		Spin & Strength
	5:30 - 6:00pm	097	5:30 - 6:30pm	250	5:30 - 6:00pm	260	5:30 - 6:30pm ທີ່			5:30pm - 6:30pm
	Caitlin	7	Lance	7	Caitlin	~	Cat			Heidi
			Interval Training	П			Interval Training			
			-	40			5:30 - 6:30pm 4			
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6:00 PM	Spin & Strength		5:30 - 6:30pm	240	30 Minute Spin		Caitlin 5:30 - 6:30pm 77			
6:00 PM	Spin & Strength 6:00 - 7:00pm	093	5:30 - 6:30pm	240	30 Minute Spin 6:00 - 6:30pm	160	5:30 - 6:30pm 75			
6:00 PM		260	5:30 - 6:30pm	240		260	5:30 - 6:30pm 중 전 전 전 전 전 전 전 전 전 전 전 전 전 전 전 전 전 전			
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