

WREC • Group Exercise Schedule • SPRING 2019

	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 Leslie	Spin 6:15 - 7:00am Nicole			
7:00 AM	Yoga 7:00 - 8:00am Sierra		Yoga 7:00 - 8:00am Selena		Yoga 7:00 - 8:00am Aislinn		
7:30 AM		30 Minute Spin 7:30 - 8:00am Heidi		30 Minute Spin 7:30 - 8:00am Heidi			
8:00 AM	Interval Training 8:00 - 9:00am Andrew	30 Minute Strength 8:00 - 8:30am Heidi	Interval Training 8:00 - 9:00am Andrew	30 Minute Strength 8:00 - 8:30am Heidi	Interval Training 8:00 - 9:00am Andrew		
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM	Butts n Guts 12:00 - 12:30pm Jessica	30 Minute Spin 12:00 - 12:30pm Brooke	Butts n Guts 12:00 - 12:30pm Jessica	30 Minute Spin 12:00 - 12:30pm Brooke	Butts n Guts 12:00 - 12:30pm Jessica		
12:30 PM	30 Minute Spin 12:30 - 1:00pm Dani	30 Minute Strength 12:30 - 1:00pm Brooke	30 Minute Spin 12:30 - 1:00pm Dani	30 Minute Strength 12:30 - 1:00pm Brooke	30 Minute Spin 12:30 - 1:00pm Dani		
	Yoga 12:30 - 1:30pm Tina		Yoga 12:30 - 1:30pm Tina		Yoga 12:30 - 1:30pm Tina		
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM					Jiu Jitsu 4:00 - 5:30pm Robert		Jiu Jitsu 4:00 - 5:30pm Robert
5:00 PM	Butts & Guts 5:00 - 5:30pm Zaynah	ABS 5:00 - 5:30pm Lauryn	Butts & Guts 5:00 - 5:30pm Zaynah	ABS 5:00 - 5:30pm Zaynah			ABS 5:00pm - 5:30pm Heidi
5:30 PM	Yoga 5:30 - 6:30pm Lance	Spin 5:30 - 6:15pm Cara	Yoga 5:30 - 6:30pm Lance	Spin 5:30 - 6:15pm Cara	Yoga 5:30 - 6:30pm Lance		Yoga 5:30 - 6:30pm Selena
	30 Minute Spin 5:30 - 6:00pm Kristin	Interval Training 5:30 - 6:30pm Claire	30 Minute Spin 5:30 - 6:00pm Helen	Interval Training 5:30 - 6:30pm Claire			30 Minute Spin 5:30pm - 6:00pm Nicole
	Fuego 5:30 - 6:30pm Stephanie		Fuego 5:30 - 6:30pm Darniece				30 Minute Strength 6:00pm - 6:30pm Nicole
6:30 PM	30 Minute Spin 6:30 - 7:00pm Alex	Fuego 6:30 - 7:30pm Glianna	30 Minute Spin 6:30 - 7:00pm Alex	Fuego 6:30 - 7:30pm Glianna			
	Boxing 6:30 - 8:00pm Riley		Kickbox Drills 6:30 - 8:00pm Julia				
	Yoga 6:30 - 7:30pm Shelby		Yoga 6:30 - 7:30pm Aislinn				
7:00 PM	30 Minute Strength 7:00 - 7:30pm Alex	Yoga 7:00 - 8:00pm Jillian	30 Minute Strength 7:00 - 7:30pm Alex	Yoga 7:00 - 8:00pm Jillian			
7:30 PM	Spin 7:30 - 8:15pm Natalie K.	Spin 7:30 - 8:15pm Caitlyn	Spin 7:30 - 8:15pm Natalie K.	Spin 7:30 - 8:15pm Caitlyn			
		MMA 7:30 - 8:30pm Julia		Cardio Kickboxing 7:30 - 8:30pm Riley			

Jiu Jitsu 4:00 - 5:30pm Robert	230
ABS 5:00pm - 5:30pm Heidi	240
Yoga 5:30 - 6:30pm Selena	250
30 Minute Spin 5:30pm - 6:00pm Nicole	260
30 Minute Strength 6:00pm - 6:30pm Nicole	260

PT GYM
Room 230
Room 240
Room 250
Room 260
POOL