WREC • Group Exercise Schedule • FALL 2019

	Monday		Tuesday		Wednesday		Thursday		Friday	Saturday	Sunday
6:15 AM	Spin	260	Spin 6:15 - 7:00am	260	Spin	260	Spin 6:15 - 7:00am	260			
	6:15 - 7:00am Brooke	26	Nicole	36	6:15 - 7:00am Dani	78	6:15 - 7:00am Nicole	36			
7:00 AM	Yoga		Nicole	_	Yoga		Nicole				
7.00 AW	7:00 - 8:00am	250			7:00 - 8:00am	250					
	Sophie	7			Sophie	7					
7:30 AM			Spin				Spin				
			7:30 - 8:15am	260			7:30 - 8:15am	260			
			Heidi				Heidi				
8:00 AM	Interval Training				Interval Training				Interval Training		
	8:00 - 9:00am	250			8:00 - 9:00am	250			8:00 - 9:00am දිදි		
	Jorden				Jorden				Jorden		
9:00 AM											
10:00 AM											
10:00 AIVI											
11:00 AM											
12:00 PM	30 Minute Spin		Spin		30 Minute Spin		Spin		30 Minute Spin		
	12:00 - 12:30pm	260	12:00 - 12:45pm	260	12:00 - 12:30pm	260	12:00 - 12:45pm	260	12:00 - 12:30pm		
	Dani H.		Brooke		Dani H.		Brooke		Dani H.		
12:30 PM	ABS				ABS				ABS		
	12:30 - 1:00pm	250			12:30 - 1:00pm	250			12:30 - 1:00pm S		
	Dani H.				Dani H.				Dani H.		
									Yoga		
									12:30 - 1:30pm 9		
				_				I _	Lance		
1:00 PM			Stretch & Mobility	PT G YIM			Stretch & Mobility	PT GYM			
			1:00 - 1:20pm Chris	PT			1:00 - 1:20pm Chris	PT			
2:00 PM		ı	CIIIIS				Cilis				
2.00 1 101											
3:00 PM											
4:00 PM											
									Wrestling		MMA
									4:00 - 5:30pm 8		4:00 - 5:30pm 82
									Robert		Rafael
5:00 PM			ABS				ABS	0			ABS
			5:00 - 5:30pm	250			5:00 - 5:30pm	250			5:00 - 5:30pm 87
			Darniece	-			Leslie				Heidi
5:30 PM	Power Yoga	240	Spin 5:30 - 6:15pm	260	Power Yoga 5:30 - 6:30pm	240	Spin	260	Power Yoga 5:30 - 6:30pm 5		Gentle Yoga 5:30 - 6:30pm
	5:30 - 6:30pm Lance	77	5:30 - 6:15pm Cara	56	Lance	77	5:30 - 6:15pm Cara	26	Lance		Drew
l l	30 Minute Spin		Yoga		30 Minute Spin		Yoga		Lance		Spin & Strength
	5:30 - 6:00pm	260	5:30 - 6:30pm	250	5:30 - 6:00pm	260	5:30 - 6:30pm	250			5:30 - 6:30pm 9
	Kristin	2	Cassidy	2	Kristin	2	Cassidy	2			Cara
			Fuego				Just Dance				
			5:30 - 6:30pm	240			5:30 - 6:30pm	240			
			Yoseleen	"			Zaynah				
6:00 PM	Butts & Gutts				Butts & Gutts						
	6:00 - 6:30pm	250			6:00 - 6:30pm	250					
	Darniece				Cara						
	Spin & Strength				Spin & Strength						
	6:00 - 7:00pm	260			6:00 - 7:00pm	260					
	Alex				Alex						
6:30 PM	Boxing	0	Interval Training	0	MMA	0	Interval Training	0			
	6:30 - 8:00pm	230	6:30 - 7:30pm	240	6:30 - 8:00pm	230	6:30 - 7:30pm	240			
	Riley Contle York		Caitlin		Rafael Gentle Yorg		Caitlin Acro Voga				
	Gentle Yoga 6:30 - 7:30pm	250			Gentle Yoga 6:30 - 7:30pm	250	Acro Yoga 6:30-7:30pm	230			PT GYM
	6:30 - 7:30pm Drew	2:			Cassidy	2	6:30-7:30pm Lance	2:			
	Fuego				Fuego		Lance				Room 230
	6:30 - 7:30pm	240			6:30 - 7:30pm	240					
	Giianna	2			Yoseleen	2					Room 240
7:30 PM	Spin		Spin		Spin		Spin				
	7:30 - 8:15pm	260	7:30 - 8:15pm	260	7:30 - 8:15pm	260	7:30 - 8:15pm	260			Room 250
	Natalie	7	Helen	7	Natalie	[``]	Helen	`			Dear aco
			Jiu Jitsu				Kickboxing				Room 260
			7:30 - 9:00pm	230			7:30 - 9:00pm	230			POOL
							Riley				PUUL
			Robert				Kiley			10/28/19	