

WREC • Group Exercise Schedule • Spring 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 AM	Spin 6:15am - 7:00am Alanna	Spin 6:15am - 7:00am Nicole	Spin 6:15am - 7:00am Alanna	Spin 6:15am - 7:00am Nicole			
7:00 AM		Power Yoga 7:00am - 8:00am Drew		Power Yoga 7:00am - 8:00am Drew			
7:30 AM	Spin & Strength 7:30am - 8:30am Kellie		Spin & Strength 7:30am - 8:30am Kellie				
8:00 AM	H.I.I.T. ***PT CLASS*** 8:00-9:00am Chris		H.I.I.T. ***PT CLASS*** 8:00-9:00am Chris		H.I.I.T. ***PT CLASS*** 8:00-9:00am Chris		
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM	30 Minute Spin 12:00pm - 12:30pm Dani		30 Minute Spin 12:00pm - 12:30pm Dani		30 Minute Spin 12:00pm - 12:30pm Dani		Yoga 12:00pm - 1:00pm Shelby
12:30 PM	ABS 12:30pm - 1:00pm Alex	30 Minute Spin 12:30pm - 1:00pm Brooke	ABS 12:30pm - 1:00pm Alex	30 Minute Spin 12:30pm - 1:00pm Brooke	ABS 12:30pm - 1:00pm Lauryn		
1:00 PM							
2:30 PM							
3:30 PM	Coach on Deck 3:30pm - 5:00pm Nicole		Coach on Deck 3:30pm - 5:00pm Brooks				
4:00 PM					MMA 4:00pm - 5:30pm Marcelo		Jiu Jitsu 4:00pm - 5:30pm Marcelo
5:00 PM	Butts & Guts 5:00pm - 5:30pm Lauryn	ABS 5:00pm - 5:30pm Shannon	Butts & Guts 5:00pm - 5:30pm Darniece	ABS 5:00pm - 5:30pm Shannon	Fuego 5:00pm - 6:00pm Jodeyn		
5:30 PM	30 Minute Spin 5:30pm - 6:00pm Nicole	Spin 5:30pm - 6:30pm Shannon	30 Minute Spin 5:30pm - 6:00pm Nicole	Spin 5:30pm - 6:30pm Shannon			Power Yoga 5:30pm - 6:30pm Kate
	Yoga 5:30pm - 6:30pm Michaela	H.I.I.T. ***PT CLASS*** 5:30-6:30pm Zach	Yoga 5:30pm - 6:30pm Michaela	H.I.I.T. ***PT CLASS*** 5:30pm - 6:30pm Zach			Spin 5:30pm - 6:30pm Dani
	Fuego 5:30pm - 6:30pm Stephanie		Fuego 5:30pm - 6:30pm Darniece				
6:00 PM	Spin & Strength 6:00pm - 7:00pm Mara	Yoga 6:00pm - 7:00pm Shelby	Spin & Strength 6:00pm - 7:00pm Mara	Yoga 6:00pm - 7:00pm Shelby			
6:30 PM	MMA Striking 6:30pm - 7:30pm Riley	Fuego 6:30pm - 7:30pm Audra	MMA Striking 6:30pm - 7:30pm Riley	Fuego 6:30pm - 7:30pm Ane			Butts & Guts + 6:30pm - 7:15pm Raven
	H.I.I.T. ***PT CLASS*** 6:30pm - 7:30pm Alexis		H.I.I.T. ***PT CLASS*** 6:30- 7:30pm Alexis				
7:00 PM		Spin & Strength 7:00pm - 8:00pm Alexis		Spin & Strength 7:00pm - 8:00pm Alexis			*PT CLASS* Extra Fee Required
7:30 PM	Spin 7:30pm - 8:30pm Alex	MMA 7:30pm-8:30pm Ryan	Spin 7:30pm - 8:30pm Alex	MMA 7:30pm-8:30pm Ryan			Room 230
	Butts & Guts + 7:30pm - 8:15pm Raven		Butts & Guts + 7:30pm - 8:15pm Raven				Room 240
8:00 PM		Restorative Yoga 8:00pm-9:00pm Aubrie		Restorative Yoga 8:00pm-9:00pm Aubrie			Room 250
							Room 260
							POOL