WREC • Group Exercise Schedule • FALL 2018

			Joup					_		- / \	
	Monday		Tuesday		Wednesday		Thursday		Friday	Saturday	Sunday
6:15 AM	Spin	0	Spin	0	Spin		Spin				
	6:15am - 7:00am Alana	260	6:15am - 7:00am Nicole	260	6:15am - 7:00am Alana	260	6:15am - 7:00am 97				
7:00 AM	Yoga	0			Yoga						
	7:00am - 8:00am Shelby	250			7:00am - 8:00am Lance	250					
7:30 AM		-	Spin & Strength	0			Spin & Strength				
			7:30am - 8:30am Heidi	260			7:30am - 8:30am 97 Heidi				
8:00 AM	H.I.I.T.	4			H.L.T.	_			H.I.I.T.		
	PT CLASS 8:00-9:00am	GYM			***PT CLASS*** 8:00-9:00am	L GYM			***PT CLASS*** 8:00-9:00am		
	Chris	PT			Chris	PT			8:00-9:00am		
9:00 AM											
10:00 AM											
11:00 AM											
12:00 PM	30 Minute Spin		Yoga		30 Minute Spin		Yoga		30 Minute Spin		Yoga
	12:00pm - 12:30pm Brooke	260	12:00pm-1:00pm Tina	240	12:00pm - 12:30pm Chris	260	12:00pm-1:00pm 77	1	2:00pm - 12:30pm		12:00pm - 1:00pm 97
12:30 PM	ABS		30 Minute Spin		ABS		30 Minute Spin		ABS		Jillan
	12:30pm - 1:00pm	250	12:30pm - 1:00pm	260		250	12:30pm - 1:00pm	П	12:30pm - 1:00pm %		
	Brooke Restorative Yoga	+	Brooke		Chris Restorative Yoga	-	Brooke		Claire Restorative Yoga		
	12:30pm - 1:30pm	240				240			12:30pm - 1:30pm		
1:00 PM	Kat				Kat				Kat		
2:00 PM											
2.00 FW											
3:30 PM											
4:00 PM									Jiu Jitsu 4:00pm - 5:30pm		Jiu Jitsu 4:00pm - 5:30pm
									Robert		Robert
5:00 PM											
_								_			
	Butts & Guts 5:00pm - 5:30pm	250	ABS 5:00pm - 5:30pm	250	Butts & Guts 5:00pm - 5:30pm	250	ABS 5:00pm - 5:30pm 97				5:00pm - 5:30pm 67
	Jessica	2	Lauryn	2	Jessica	7	Lauryn				Alexis
5:30 PM	Yoga 5:30pm - 6:30pm	250	Spin 5:30pm-6:30pm	260	Yoga 5:30pm - 6:30pm	250	5:30pm-6:30pm 92		Yoga 5:30pm - 6:30pm 95		Yoga 5:30pm - 6:30pm %
	Aislinn	2	Emma	7	Aislinn	7	Emma		Kat		Tina
	30 Minute Spin	260	Yoga	250	30 Minute Spin	260	Yoga 5:30pm-6:30pm				Spin & Strength
	5:30pm - 6:00pm Cara	26	5:30pm - 6:30pm Selena	25	5:30pm - 6:00pm Helen	7	5:30pm - 6:30pm ຊື່ Selena				5:30pm - 6:30pm 97 Cara
	Fuego	o.	H.I.I.T.	N	Fuego	240	H.I.I.T.				
	5:30pm - 6:30pm Brigid	240	***PT CLASS*** 5:30pm - 6:30pm	PT GYM	5:30pm - 6:30pm Stephanie	24	***PT CLASS*** 5:30pm - 6:30pm				
	-		Alexis	-			Alexis	•			
6:00 PM	Spin & Strength 6:00pm - 7:00pm	260			Spin & Strength 6:00pm - 7:00pm	260					
	Alex	2			Alex	7		_			
6:30 PM	Boxing 6:30pm - 8:00pm	230	Butts & Guts 6:30-7:00pm	250	MMA 6:30pm - 8:00pm	230	Butts & Guts 6:30pm - 7:00pm				
	Riley	23	Zaynah	2.5	Riley	7	Zaynah				
	Restorative Yoga	0.	Fuego	0	Restorative Yoga	0	Fuego	Ī			*PT CLASS* Extra Fee Required
	6:30pm - 7:30pm Kat	250	6:30pm - 7:30pm Darniece	240	6:30pm - 7:30pm Kat	250	6:30pm - 7:30pm 047				-
						٦	Spin&Strength o				Room 230
7:00 PM	1000		Spin&Strength	0			7:00pm - 8:00pm				
7:00 PM	****		7:00pm - 8:00pm	260							Room 240
7:00 PM 7:30 PM	Spin	0	7:00pm - 8:00pm Dani MMA	H	Spin		Dani Kickbox Drills				
	Spin 7:30pm - 8:30pm	260	7:00pm - 8:00pm Dani MMA 7:30pm - 8:30pm	230 260	7:30pm - 8:30pm	260	Dani Kickbox Drills 7:30pm - 8:30pm				Room 240
	Spin	260	7:00pm - 8:00pm Dani MMA	230	Spin 7:30pm - 8:30pm Natalie	260	Dani Kickbox Drills 7:30pm - 8:30pm N Julia Restorative Yoga				
7:30 PM	Spin 7:30pm - 8:30pm	260	7:00pm - 8:00pm Dani MMA 7:30pm - 8:30pm Julia	H	7:30pm - 8:30pm	260	Dani Kickbox Drills 7:30pm - 8:30pm N Julia			10/29/18	Room 250 Room 260 POOL