WREC • Group Exercise Schedule • FALL 2019

Third Thir											
12-3-7-200m		Monday		Tuesday		Wednesday	_	Thursday	Friday	Saturday	Sunday
Property	6:15 AM		09		09		09	6:15 - 7:00am	09		
780-1480m 5 130 141 150			2		2		2		2		
Solid	7:00 AM										
12-20 PM			25(250				
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1000 AM	8:00 AM	Interval Training				Interval Training			Interval Training		
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1720 PM 1720	9:00 AM										
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1720 PM 1720	10:00 AM										
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1230 - 100 pm State 1230				Brooke				Brooke	Dani H.		
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3-00 PM	2:00 PM		ı	Chris			ı	Chris			
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S-500 PM											
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Lance Cara Lance Cara	5:30 PM	Power Yoga		Spin				Spin	Power Yoga		Gentle Yoga
Spin & Strength Spin &			25(26(25(
Si30 - 6:30 pm									Lance		
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Si30 - 6:30 pm			7		2		7	Cassidy	8		
Section Sect	_			Fuego				Just Dance			
Butts & Gutts Good - Good					240			5:30 - 6:30pm	<mark>240</mark>		
6:00 - 6:30 pm Darniece File Spin & Strength 6:00 - 7:00 pm Alex Spin & Strength 6:00 - 7:00 pm Alex Alex Spin & Strength 6:00 - 7:00 pm Alex				Yoseleen				Zaynah			
Spin & Strength 6:00 - 7:00 pm Alex Spin & Strength 6:00 - 7:00 pm Alex	6:00 PM		0				40				
Spin & Strength 6:30 - 7:00 pm Alex			24				24				
Alex											
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Riley Caitlin Rafael Caitlin Gentle Yoga 6:30 - 7:30pm 0	6:30 PM		0	-	o		0	Interval Training	<u>9</u>		
Gentle Yoga 6:30 - 7:30 pm 0			23		24		23	6:30 - 7:30pm Caitlin	<mark>72</mark>		
Casidy C				Caltilli	-			Acro Yoga			
Drew			250				250	6:30-7:30pm	230		PTGYM
Fuego 6:30 - 7:30 pm 6:30 - 7:30 pm 7:30 PM Spin 7:30 - 8:15 pm Natalie Fuego 6:30 - 7:30 pm 7:30 - 8:15 pm Natalie Fuego 6:30 - 7:30 pm 7:30 - 8:15 pm Natalie Fuego 6:30 - 7:30 pm 7:30 - 8:15 pm Natalie Fuego Fuego 6:30 - 7:30 pm 7:30 - 8:15 pm Natalie Fuego								Lance			Room 230
Ti30 PM			0				0				
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Natalie Helen Natalie Helen Room 260 Jiu Jitsu Kickboxing 7:30 - 9:00pm 87 Polent Room 260 POOL	7.50T M		260		260		260	7:30 - 8:15pm	260		Room 250
7:30 - 9:00pm		Natalie				Natalie		Helen			Room 260
Delay Dilay					0			Kickboxing	0		
9/11/19					23			7:50 - 9:00pm Riley	2		POOL
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