

WREC • Group Exercise Schedule • FALL 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 Dani	Spin 6:15 - 7:00am Nicole			
7:00 AM	Yoga 7:00 - 8:00am Sophie		Yoga 7:00 - 8:00am Sophie				
7:30 AM		Spin 7:30 - 8:15am Heidi		Spin 7:30 - 8:15am Heidi			
8:00 AM	Interval Training 8:00 - 9:00am Jorden		Interval Training 8:00 - 9:00am Jorden		Interval Training 8:00 - 9:00am Jorden		
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM	30 Minute Spin 12:00 - 12:30pm Dani H.	Spin 12:00 - 12:45pm Brooke	30 Minute Spin 12:00 - 12:30pm Dani H.	Spin 12:00 - 12:45pm Brooke	30 Minute Spin 12:00 - 12:30pm Dani H.		
12:30 PM	ABS 12:30 - 1:00pm Dani H.		ABS 12:30 - 1:00pm Dani H.		ABS 12:30 - 1:00pm Dani H.		
	Yoga 12:30 - 1:30pm Lance		Yoga 12:30 - 1:30pm Lance		Yoga 12:30 - 1:30pm Karlie		
1:00 PM		Stretch & Mobility 1:00 - 1:20pm Chris		Stretch & Mobility 1:00 - 1:20pm Chris			
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM		ABS 5:00 - 5:30pm Darniece		ABS 5:00 - 5:30pm Leslie		Wrestling 4:00 - 5:30pm Robert	MMA 4:00 - 5:30pm Rafael
5:30 PM	Power Yoga 5:30 - 6:30pm Lance	Spin 5:30 - 6:15pm Cara	Power Yoga 5:30 - 6:30pm Lance	Spin 5:30 - 6:15pm Cara	Power Yoga 5:30 - 6:30pm Lance		ABS 5:00 - 5:30pm Heidi
	30 Minute Spin 5:30 - 6:00pm Kristin	Yoga 5:30 - 6:30pm Cassidy	30 Minute Spin 5:30 - 6:00pm Kristin	Yoga 5:30 - 6:30pm Cassidy			Gentle Yoga 5:30 - 6:30pm Drew
		Fuego 5:30 - 6:30pm Yoseleen		Just Dance 5:30 - 6:30pm Zaynah			Spin & Strength 5:30 - 6:30pm Cara
6:00 PM	Butts & Gutts 6:00 - 6:30pm Darniece		Butts & Gutts 6:00 - 6:30pm Cara				
	Spin & Strength 6:00 - 7:00pm Alex		Spin & Strength 6:00 - 7:00pm Alex				
6:30 PM	Boxing 6:30 - 8:00pm Riley	Interval Training 6:30 - 7:30pm Caitlin	MMA 6:30 - 8:00pm Rafael	Interval Training 6:30 - 7:30pm Caitlin			
	Gentle Yoga 6:30 - 7:30pm Drew		Gentle Yoga 6:30 - 7:30pm Cassidy	Acro Yoga 6:30 - 7:30pm Lance			
	Fuego 6:30 - 7:30pm Glianna		Fuego 6:30 - 7:30pm Yoseleen				
7:30 PM	Spin 7:30 - 8:15pm Natalie	Spin 7:30 - 8:15pm Helen	Spin 7:30 - 8:15pm Natalie	Spin 7:30 - 8:15pm Helen			
		Jiu Jitsu 7:30 - 9:00pm Robert		Kickboxing 7:30 - 9:00pm Riley			

9/11/19

MMA 4:00 - 5:30pm Rafael	230
ABS 5:00 - 5:30pm Heidi	240
Gentle Yoga 5:30 - 6:30pm Drew	250
Spin & Strength 5:30 - 6:30pm Cara	260

PT GYM
Room 230
Room 240
Room 250
Room 260
POOL