

WREC • Group Exercise Schedule • FALL 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 AM	Spin 6:15am - 7:00am Alana 260	Spin 6:15am - 7:00am Nicole 260	Spin 6:15am - 7:00am Alana 260	Spin 6:15am - 7:00am Nicole 260			
7:00 AM	Yoga 7:00am - 8:00am Shelby 250		Yoga 7:00am - 8:00am Shelby 250				
7:30 AM		Spin & Strength 7:30am - 8:30am Heidi 260		Spin & Strength 7:30am - 8:30am Heidi 260			
8:00 AM	H.I.I.T. ***PT CLASS*** 8:00-9:00am Chris PT GYM		H.I.I.T. ***PT CLASS*** 8:00-9:00am Chris PT GYM		H.I.I.T. ***PT CLASS*** 8:00-9:00am Chris PT GYM		
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM	30 Minute Spin 12:00pm - 12:30pm Brady 260	Yoga 12:00pm-1:00pm Tina 240	30 Minute Spin 12:00pm - 12:30pm Chris 260	Yoga 12:00pm-1:00pm Tina 240	30 Minute Spin 12:00pm - 12:30pm Chris 260		Yoga 12:00pm - 1:00pm Aislinn 250
12:30 PM	ABS 12:30pm - 1:00pm Brady 250 Restorative Yoga 12:30pm - 1:30pm Kat 240	Spin & Strength 12:30pm - 1:30pm Brooke 260	ABS 12:30pm - 1:00pm Chris 250 Restorative Yoga 12:30pm - 1:30pm Kat 240	Spin & Strength 12:30pm - 1:30pm Brooke 260	ABS 12:30pm - 1:00pm Chris 250 Restorative Yoga 12:30pm - 1:30pm Kat 240		
1:00 PM							
2:30 PM		Coach on Deck 2:30 - 4:30pm POOL					
4:00 PM				SUP Yoga 4:00-5:00pm Jillian POOL	Jiu Jitsu 4:00pm - 5:30pm Robert 230		Jiu Jitsu 4:00pm - 5:30pm Robert 230
5:00 PM		Aqua ABS 5:00pm-5:30pm POOL					
	Butts & Guts 5:00pm - 5:30pm Jessica 250	ABS 5:00pm - 5:30pm Lauryn 250	Butts & Guts 5:00pm - 5:30pm Jessica 250	ABS 5:00pm - 5:30pm Lauryn 250			ABS 5:00pm - 5:30pm Alexis 240
5:30 PM	Yoga 5:30pm - 6:30pm Aislinn 250 30 Minute Spin 5:30pm - 6:00pm Kristen 260 Fuego 5:30pm - 6:30pm Jocelyn 240	Spin 5:30pm-6:30pm Emma 260 Yoga 5:30pm - 6:30pm 250 H.I.I.T. ***PT CLASS*** 5:30pm - 6:30pm Alexis PT GYM	Yoga 5:30pm - 6:30pm Aislinn 250 30 Minute Spin 5:30pm - 6:00pm Kristen 260 Fuego 5:30pm - 6:30pm Stephanie 240	Spin 5:30pm-6:30pm Emma 260 Yoga 5:30pm - 6:30pm 250 H.I.I.T. ***PT CLASS*** 5:30pm - 6:30pm Alexis PT GYM	Yoga 5:30pm - 6:30pm Kat 250		Yoga 5:30pm - 6:30pm Tina 250 Spin & Strength 5:30pm - 6:30pm Alexis 260
6:00 PM	Spin & Strength 6:00pm - 7:00pm Alex 260		Spin & Strength 6:00pm - 7:00pm Alex 260				
6:30 PM	MMA Striking 6:30pm - 8:00pm Riley 230 Restorative Yoga 6:30pm - 7:30pm Kat 250	Butts & Guts 6:30-7:00pm Zaynah 250 Fuego 6:30pm - 7:30pm Darniece 240	MMA Striking 6:30pm - 8:00pm Riley 230 Restorative Yoga 6:30pm - 7:30pm Kat 250	Butts & Guts 6:30pm - 7:00pm Zaynah 250 Fuego 6:30pm - 7:30pm Marqia 240			
7:00 PM		Spin&Strength 7:00pm - 8:00pm Dani 260		Spin&Strength 7:00pm - 8:00pm Dani 260			
7:30 PM	Spin 7:30pm - 8:30pm Shannon 260	MMA Striking 7:30pm - 9:00pm 230	Spin 7:30pm - 8:30pm Shannon 260	MMA Striking 7:30pm - 9:00pm 230			
8:00 PM		Restorative Yoga 8:00pm-9:00pm Simone 240		Restorative Yoga 8:00pm-9:00pm Simone 240			

PT CLASS
Extra Fee Required
Room 230
Room 240
Room 250
Room 260
POOL