

WREC • Group Exercise Schedule • FALL 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 AM	Spin 6:15am - 7:00am Alana	Spin 6:15am - 7:00am Nicole	Spin 6:15am - 7:00am Alana	Spin 6:15am - 7:00am Nicole			
7:00 AM	Yoga 7:00am - 8:00am Shelby		Yoga 7:00am - 8:00am Shelby				
7:30 AM		Spin & Strength 7:30am - 8:30am Heidi		Spin & Strength 7:30am - 8:30am Heidi			
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 Brady	Yoga 12:00pm - 1:00pm Tina	30 Minute Spin 12:00pm - 12:30pm Chris	Yoga 12:00pm - 1:00pm Tina	30 Minute Spin 12:00pm - 12:30pm Chris		Yoga 12:00pm - 1:00pm Jillian
12:30 PM	ABS 12:30pm - 1:00pm Brady Restorative Yoga 12:30pm - 1:00pm Kat	30 Minute Spin 12:30pm - 1:00pm Brooke	ABS 12:30pm - 1:00pm Chris Restorative Yoga 12:30pm - 1:00pm Kat	30 Minute Spin 12:30pm - 1:00pm Brooke	ABS 12:30pm - 1:00pm Chris Restorative Yoga 12:30pm - 1:00pm Kat		
1:00 PM							
3:30 PM	Coach on Deck 3:30 - 5:30pm Brooks						
4:00 PM			SUP Yoga 4:00-5:00pm Sierra		Jiu Jitsu 4:00pm - 5:30pm Robert		Jiu Jitsu 4:00pm - 5:30pm Robert
5:00 PM		Aqua ABS 5:00pm-5:30pm Jessica					
5:30 PM	Butts & Guts 5:00pm - 5:30pm Jessica Yoga 5:30pm - 6:30pm Aislinn 30 Minute Spin 5:30pm - 6:00pm Kristen Fuego 5:30pm - 6:30pm Jocelyn	ABS 5:00pm - 5:30pm Lauryn Spin 5:30pm-6:30pm Emma Yoga 5:30pm - 6:30pm Selena H.I.I.T. ***PT CLASS*** 5:30pm - 6:30pm Alexis	Butts & Guts 5:00pm - 5:30pm Jessica Yoga 5:30pm - 6:30pm Aislinn 30 Minute Spin 5:30pm - 6:00pm Kristen Fuego 5:30pm - 6:30pm Stephanie	ABS 5:00pm - 5:30pm Lauryn Spin 5:30pm-6:30pm Emma Yoga 5:30pm - 6:30pm Selena H.I.I.T. ***PT CLASS*** 5:30pm - 6:30pm Alexis	Yoga 5:30pm - 6:30pm Kat		Abs 5:00pm - 5:30pm Shannon Yoga 5:30pm - 6:30pm Tina Spin & Strength 5:30pm - 6:30pm Shannon
6:00 PM	Spin & Strength 6:00pm - 7:00pm Alex		Spin & Strength 6:00pm - 7:00pm Alex				
6:30 PM	Boxing 6:30pm - 8:00pm Riley Restorative Yoga 6:30pm - 7:30pm Kat	Butts & Guts 6:30-7:00pm Zaynah Fuego 6:30pm - 7:30pm Darniece	MMA 6:30pm - 8:00pm Riley Restorative Yoga 6:30pm - 7:30pm Kat	Butts & Guts 6:30pm - 7:00pm Zaynah Fuego 6:30pm - 7:30pm Darniece			*PT CLASS* Extra Fee Required Room 230 Room 240 Room 250 Room 260 POOL
7:00 PM		Spin&Strength 7:00pm - 8:00pm Dani		Spin&Strength 7:00pm - 8:00pm Dani			
7:30 PM	Spin 7:30pm - 8:30pm Nicole	MMA 7:30pm - 8:30pm Julia	Spin 7:30pm - 8:30pm Nicole	Kickbox Drills 7:30pm - 8:30pm Julia			
8:00 PM		Restorative Yoga 8:00pm-9:00pm Simone		Restorative Yoga 8:00pm-9:00pm Simone			