

# WREC • Group Exercise Schedule • FALL 2018

	Monday		Tuesday		Wednesday		Thursday		Friday	Saturday	Sunday	
6:15 AM	Spin 6:15am - 7:00am Alanna	260	Spin 6:15am - 7:00am Nicole	260	Spin 6:15am - 7:00am Alanna	260	Spin 6:15am - 7:00am Nicole	260				
7:00 AM	Yoga 7:00am - 8:00am Shelby	250			Yoga 7:00am - 8:00am Lance	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 Brooke	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 Dani	260	Yoga 12:00pm - 1:00pm Jillian	250
12:30 PM	ABS 12:30pm - 1:00pm Brooke	250	30 Minute Spin 12:30pm - 1:00pm Brooke	260	ABS 12:30pm - 1:00pm Chris	250	30 Minute Spin 12:30pm - 1:00pm Brooke	260	ABS 12:30pm - 1:00pm Claire	250		
1:00 PM												
2:00 PM												
3:30 PM												
4:00 PM									Jiu Jitsu 4:00pm - 5:30pm Robert	230	Jiu Jitsu 4:00pm - 5:30pm Robert	230
5:00 PM												
5:30 PM	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	Yoga 5:30pm - 6:30pm Lance	250	ABS 5:00pm - 5:30pm Heidi	240
	Yoga 5:30pm - 6:30pm Aislinn	250	Spin 5:30pm-6:30pm Emma	260	Yoga 5:30pm - 6:30pm Aislinn	250	Spin 5:30pm-6:30pm Emma	260			Yoga 5:30pm - 6:30pm Tina	250
	30 Minute Spin 5:30pm - 6:00pm Helen	260	Yoga 5:30pm - 6:30pm Selena	250	30 Minute Spin 5:30pm - 6:00pm Cara	260	Yoga 5:30pm - 6:30pm Selena	250			Spin & Strength 5:30pm - 6:30pm Cara	260
	Fuego 5:30pm - 6:30pm Stephanie	240	H.I.I.T. ***PT CLASS*** 5:30pm - 6:30pm Maci	PT GYM	Fuego 5:30pm - 6:30pm Stephanie	240	H.I.I.T. ***PT CLASS*** 5:30pm - 6:30pm Zaynah	PT GYM				
6:00 PM	Spin & Strength 6:00pm - 7:00pm Alex	260			Spin & Strength 6:00pm - 7:00pm Alex	260						
6:30 PM	Boxing 6:30pm - 8:00pm Riley	230	Butts & Guts 6:30-7:00pm Zaynah	250	MMA 6:30pm - 8:00pm Riley	230	Butts & Guts 6:30pm - 7:00pm Zaynah	250				
	Restorative Yoga 6:30pm - 7:30pm Sierra	250	Fuego 6:30pm - 7:30pm Darniece	240	Restorative Yoga 6:30pm - 7:30pm	250						
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 Natalie	260	MMA 7:30pm - 8:30pm Julia	230	Spin 7:30pm - 8:30pm Natalie	260	Kickbox Drills 7:30pm - 8:30pm Julia	230				
8:00 PM			Restorative Yoga 8:00pm-9:00pm Simone	240			Restorative Yoga 8:00pm-9:00pm Simone	240				

12/10/18

12/10/18

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