

WREC • Group Exercise Schedule • SPRING 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 AM	Spin 6:15 - 7:00am Brooke 260	Spin 6:15 - 7:00am Nicole 260	Spin 6:15 - 7:00am Leslie 260	Spin 6:15 - 7:00am Nicole 260			
7:00 AM	Yoga 7:00 - 8:00am Sierra 250		Yoga 7:00 - 8:00am Selena 250		Yoga 7:00 - 8:00am Aislinn 250		
7:30 AM		30 Minute Spin 7:30 - 8:00am Heidi 260		30 Minute Spin 7:30 - 8:00am Heidi 260			
8:00 AM	Interval Training 8:00 - 9:00am Andrew 250	30 Minute Strength 8:00 - 8:30am Heidi 260	Interval Training 8:00-9:00am Andrew 250	30 Minute Strength 8:00 - 8:30am Heidi 260	Interval Training 8:00 - 9:00am Andrew 250		
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM	Butts n Guts 12:00 - 12:30pm Jessica 250	30 Minute Spin 12:00 - 12:30pm Brooke 260	Butts n Guts 12:00 - 12:30pm Jessica 250	30 Minute Spin 12:00 - 12:30pm Brooke 260	Butts n Guts 12:00 - 12:30pm Jessica 250		
12:30 PM	30 Minute Spin 12:30 - 1:00pm Dani 260 Yoga 12:30 - 1:30pm Tina 240	30 Minute Strength 12:30 - 1:00pm Brooke 260	30 Minute Spin 12:30 - 1:00pm Dani 260 Yoga 12:30 - 1:30pm Tina 240	30 Minute Strength 12:30 - 1:00pm Brooke 260	30 Minute Spin 12:30 - 1:00pm Dani 260 Yoga 12:30 - 1:30pm Tina 240		
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM					Jiu Jitsu 4:00 - 5:30pm Robert 230		Jiu Jitsu 4:00 - 5:30pm Robert 230
5:00 PM	Butts & Guts 5:00 - 5:30pm Zaynah 250	ABS 5:00 - 5:30pm Lauryn 250	Butts & Guts 5:00 - 5:30pm Zaynah 250	ABS 5:00 - 5:30pm Zaynah 250			ABS 5:00pm - 5:30pm Heidi 240
5:30 PM	Yoga 5:30 - 6:30pm Lance 250 30 Minute Spin 5:30 - 6:00pm Kristin 260 Fuego 5:30 - 6:30pm Stephanie 240	Interval Training 5:30 - 6:30pm Claire 250	Yoga 5:30 - 6:30pm Lance 250 30 Minute Spin 5:30 - 6:00pm Helen 260 Fuego 5:30 - 6:30pm Darniece 240	Spin 5:30 - 6:15pm Cara 260 Interval Training 5:30 - 6:30pm Claire 250	Yoga 5:30 - 6:30pm Lance 250		Yoga 5:30 - 6:30pm Selena 250 30 Minute Spin 5:30pm - 6:00pm Nicole 260 30 Minute Strength 6:00pm - 6:30pm Nicole 260
6:30 PM	30 Minute Spin 6:30 - 7:00pm Alex 260 Boxing 6:30 - 8:00pm Riley 230 Yoga 6:30 - 7:30pm Shelby 250	Fuego 6:30 - 7:30pm Natalie S. 240	30 Minute Spin 6:30 - 7:00pm Alex 260 Kickbox Drills 6:30 - 8:00pm Julia 230 Yoga 6:30 - 7:30pm Aislinn 250	Just Dance 6:30 - 7:30pm Marqia 240			
7:00 PM	30 Minute Strength 7:00 - 7:30pm Alex 260	Yoga 7:00 - 8:00pm Jillian 250	30 Minute Strength 7:00 - 7:30pm Alex 260	Yoga 7:00 - 8:00pm Jillian 250			PT GYM Room 230 Room 240 Room 250 Room 260
7:30 PM	Spin 7:30 - 8:15pm Natalie K. 260	Spin 7:30 - 8:15pm Caitlyn 260 MMA 7:30 - 8:30pm Julia 230	Spin 7:30 - 8:15pm Natalie K. 260	Spin 7:30 - 8:15pm Caitlyn 260 Cardio Kickboxing 7:30 - 8:30pm Riley 230			POOL