

WREC • Group Exercise Schedule • FALL 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 Dani 260	Spin 6:15 - 7:00am Nicole 260			
7:00 AM	Yoga 7:00 - 8:00am Sophie 250		Yoga 7:00 - 8:00am Sophie 250				
7:30 AM		Spin 7:30 - 8:15am Heidi 260		Spin 7:30 - 8:15am Heidi 260			
8:00 AM	Interval Training 8:00 - 9:00am Jordan 250		Interval Training 8:00 - 9:00am Jordan 250		Interval Training 8:00 - 9:00am Jordan 250		
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM	30 Minute Spin 12:00 - 12:30pm Dani H. 260	Spin 12:00 - 12:45pm Brooke 260	30 Minute Spin 12:00 - 12:30pm Dani H. 260	Spin 12:00 - 12:45pm Brooke 260	30 Minute Spin 12:00 - 12:30pm Dani H. 260		
12:30 PM	ABS 12:30 - 1:00pm Dani H. 250 Yoga 12:30 - 1:30pm Lance 240		ABS 12:30 - 1:00pm Dani H. 250 Yoga 12:30 - 1:30pm Lance 240		ABS 12:30 - 1:00pm Dani H. 250 Yoga 12:30 - 1:30pm Karlie 240		
1:00 PM		Stretch & Mobility 1:00 - 1:20pm Chris PT GYM		Stretch & Mobility 1:00 - 1:20pm Chris PT GYM			
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM		ABS 5:00 - 5:30pm Darniece 250		ABS 5:00 - 5:30pm Zaynah 250		Jiu Jitsu 4:00 - 5:30pm Robert 230	Jiu Jitsu 4:00 - 5:30pm Robert 230
5:30 PM	Yoga 5:30 - 6:30pm Lance 250 30 Minute Spin 5:30 - 6:00pm Kristin 260	Spin 5:30 - 6:15pm Cara 260 Yoga 5:30 - 6:30pm 250	Yoga 5:30 - 6:30pm Lance 250 30 Minute Spin 5:30 - 6:00pm Kristin 260	Spin 5:30 - 6:15pm Cara 260 Yoga 5:30 - 6:30pm 250	Yoga 5:30 - 6:30pm Lance 250		Yoga 5:30 - 6:30pm Cassidy 250 Spin & Strength 5:30 - 6:30pm Cara 260
6:00 PM	Butts & Gutts 6:00 - 6:30pm Darniece 240 Spin & Strength 6:00 - 7:00pm Alex 260		Butts & Gutts 6:00 - 6:30pm 240 Spin & Strength 6:00 - 7:00pm Alex 260		Just Dance 5:30 - 6:30pm Zaynah 240		
6:30 PM	Boxing 6:30 - 8:00pm Riley 230 Yoga 6:30 - 7:30pm Cassidy 250 Fuego 6:30 - 7:30pm Darniece 240	Interval Training 6:30 - 7:30pm Caitlin 240	MMA 6:30 - 8:00pm Rafael 230 Yoga 6:30 - 7:30pm Cassidy 250 Fuego 6:30 - 7:30pm Yoseleen 240	Interval Training 6:30 - 7:30pm Caitlin 240 Acro Yoga 6:30 - 7:30pm Lance 230			
7:30 PM	Spin 7:30 - 8:15pm Natalie 260	Spin 7:30 - 8:15pm Helen 260 MMA 7:30 - 9:00pm Rafael 230	Spin 7:30 - 8:15pm Natalie 260	Spin 7:30 - 8:15pm Helen 260 Kickboxing 7:30 - 9:00pm Riley 230			



Jiu Jitsu 4:00 - 5:30pm Robert 230
ABS 5:00 - 5:30pm Heidi 240
Yoga 5:30 - 6:30pm Cassidy 250
Spin & Strength 5:30 - 6:30pm Cara 260
PT GYM
Room 230
Room 240
Room 250
Room 260
POOL