

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 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 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 Jillian 250
12:30 PM	ABS 12:30pm - 1:00pm Brady 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 Chris 250		
	Restorative Yoga 12:30pm - 1:30pm Kat 240		Restorative Yoga 12:30pm - 1:30pm Kat 240		Restorative Yoga 12:30pm - 1:30pm Kat 240		
1:00 PM							
2:00 PM							
3:30 PM	Coach on Deck 3:30 - 5:30pm Brooks POOL						
4:00 PM			SUP Yoga 4:00-5:00pm Sierra 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 Jessica 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	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 Kat 250		Yoga 5:30pm - 6:30pm Tina 250
	30 Minute Spin 5:30pm - 6:00pm Kristen 260	Yoga 5:30pm - 6:30pm Selena 250	30 Minute Spin 5:30pm - 6:00pm Kristen 260	Yoga 5:30pm - 6:30pm Selena 250			Spin & Strength 5:30pm - 6:30pm Shannon 260
	Fuego 5:30pm - 6:30pm Brigid 240	H.I.I.T. ***PT CLASS*** 5:30pm - 6:30pm Alexis PT GYM	Fuego 5:30pm - 6:30pm Stephanie 240	H.I.I.T. ***PT CLASS*** 5:30pm - 6:30pm Alexis 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 Kat 250	Fuego 6:30pm - 7:30pm Darniece 240	Restorative Yoga 6:30pm - 7:30pm Kat 250	Fuego 6:30pm - 7:30pm Kia 240			*PT CLASS* Extra Fee Required
7:00 PM		Spin&Strength 7:00pm - 8:00pm Dani 260		Spin&Strength 7:00pm - 8:00pm Dani 260			Room 230
7:30 PM	Spin 7:30pm - 8:30pm Nicole 260	MMA 7:30pm - 8:30pm Julia 230	Spin 7:30pm - 8:30pm Nicole 260	Kickbox Drills 7:30pm - 8:30pm Julia 230			Room 240
8:00 PM		Restorative Yoga 8:00pm-9:00pm Simone 240		Restorative Yoga 8:00pm-9:00pm Simone 240			Room 250
							Room 260
							POOL