

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 | | ABS 12:30 - 1:00pm Dani H. 250 | | ABS 12:30 - 1:00pm Dani H. 250 | | |
| | Yoga 12:30 - 1:30pm Lance 240 | | Yoga 12:30 - 1:30pm Lance 240 | | Yoga 12:30 - 1:30pm Lance 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 Leslie 250 | | Wrestling 4:00 - 5:30pm Robert 230 | MMA 4:00 - 5:30pm Rafael 230 |
| 5:30 PM | Power Yoga 5:30 - 6:30pm Lance 240 | Spin 5:30 - 6:15pm Cara 260 | Power Yoga 5:30 - 6:30pm Lance 240 | Spin 5:30 - 6:15pm Cara 260 | Power Yoga 5:30 - 6:30pm Lance 240 | | ABS 5:00 - 5:30pm Heidi 240 |
| | 30 Minute Spin 5:30 - 6:00pm Kristin 260 | Yoga 5:30 - 6:30pm Cassidy 250 | 30 Minute Spin 5:30 - 6:00pm Kristin 260 | Yoga 5:30 - 6:30pm Cassidy 250 | | | Gentle Yoga 5:30 - 6:30pm Drew 250 |
| | | Fuego 5:30 - 6:30pm Yoseleen 240 | | Just Dance 5:30 - 6:30pm Zaynah 240 | | | Spin & Strength 5:30 - 6:30pm Cara 260 |
| 6:00 PM | Butts & Guts 6:00 - 6:30pm Darniece 250 | | Butts & Guts 6:00 - 6:30pm Cara 250 | | | | |
| | Spin & Strength 6:00 - 7:00pm Alex 260 | | Spin & Strength 6:00 - 7:00pm Alex 260 | | | | |
| 6:30 PM | Boxing 6:30 - 8:00pm Riley 230 | Interval Training 6:30 - 7:30pm Caitlin 240 | MMA 6:30 - 8:00pm Rafael 230 | Interval Training 6:30 - 7:30pm Caitlin 240 | | | |
| | Gentle Yoga 6:30 - 7:30pm Drew 250 | | Gentle Yoga 6:30 - 7:30pm Cassidy 250 | Acro Yoga 6:30-7:30pm Lance 230 | | | |
| | Fuego 6:30 - 7:30pm Glianna 240 | | Fuego 6:30 - 7:30pm Yoseleen 240 | | | | |
| 7:30 PM | Spin 7:30 - 8:15pm Natalie 260 | Spin 7:30 - 8:15pm Helen 260 | Spin 7:30 - 8:15pm Natalie 260 | Spin 7:30 - 8:15pm Helen 260 | | | |
| | | Jiu Jitsu 7:30 - 9:00pm Robert 230 | | Kickboxing 7:30 - 9:00pm Riley 230 | | | |

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| PT GYM | |
| Room 230 | |
| Room 240 | |
| Room 250 | |
| Room 260 | |
| POOL | |