

WREC • Group Exercise Schedule • Finals 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 AM	Spin & Strength 6:15am - 7:15am Mara 260	Spin 6:15am - 7:15am Shannon 260					
6:30 AM	Yoga 6:30am - 7:30am Drew 230			Yoga 6:30am - 7:30am Drew 230			
7:30 AM		Spin & Strength 7:30am - 8:30am Brooke 260		Spin & Strength 7:30am - 8:30am Alli 260			
8:00 AM	H.I.I.T. ***PT CLASS*** 8:00am - 9:00am Ricky/Zach PT GYM		H.I.I.T. ***PT CLASS*** 8:00am - 9:00am Ricky/Zach PT GYM		H.I.I.T. ***PT CLASS*** 8:00am - 9:00am Ricky/Zach PT GYM		
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM	30 Minute Spin 12:00pm - 12:30pm Shannon 260	Yoga 12:00pm-1:00pm Eli 230	30 Minute Spin 12:00pm - 12:30pm Shannon 260	Yoga 12:00pm-1:00pm Eli 230			
12:30 PM	Abs 12:30pm - 1:00pm Shannon 250	30 Minute Spin 12:30pm - 1:00pm Dani 260	Abs 12:30pm - 1:00pm Shannon 250	30 Minute Spin 12:30pm - 1:00pm Dani 260			
	Yoga 12:30pm - 1:30pm Paige 230		Yoga 12:30pm - 1:30pm Paige 230				
1:00 PM							
2:00 PM							
3:00 PM	Coach on Deck 3:00pm - 5:00pm Laura POOL		Coach on Deck 3:00pm - 5:00pm Laura POOL				
4:00 PM							
5:00 PM	Abs 5:00pm - 5:30pm Darniece 250	Butts & Guts 5:00pm - 5:30pm Laurn 250	Abs 5:00pm - 5:30pm Darniece 250	Butts & Guts 5:00pm - 5:30pm Laurn 250			
		Yoga 5:00pm-6:00pm Aubrie 230		Yoga 5:00pm-6:00pm Gabby 230			
5:30 PM	Yoga 5:30pm - 6:30pm Aubrie 230	Spin 5:30pm-6:30pm Alexis 260	Yoga 5:30pm - 6:30pm Gabby 230	Spin 5:30pm-6:30pm Alexis 260			
	30 Minute Spin 5:30pm - 6:00pm Breanna 260		30 Minute Spin 5:30pm - 6:00pm Breanna 260				
	Interval 5:30pm - 6:30pm Alexis 250		Interval 5:30pm - 6:30pm Alexis 250				
	Fuego 5:30pm - 6:30pm Darniece 240		Fuego 5:30pm - 6:30pm Darniece 240				
	H.I.I.T. ***PT CLASS*** 5:30pm - 6:30pm Bradi PT GYM	H.I.I.T. ***PT CLASS*** 5:30pm - 6:30pm WhitneyDebbie PT GYM	H.I.I.T. ***PT CLASS*** 5:30pm - 6:30pm Bradi PT GYM	H.I.I.T. ***PT CLASS*** 5:30pm - 6:30pm Whitney/Debbie PT GYM			
6:00 PM		Meditation 6:00pm - 6:30pm Eli 230					
6:30 PM	Yoga 6:30pm - 7:30pm Katelyn 230	MMA Striking 6:30pm - 8:00pm Sean 230		Yoga 6:30pm - 7:30pm Laura 230			
	Spin 6:30pm - 7:30pm Alexis 260	Fuego 6:30pm - 7:30pm Ane 250					
7:00 PM	Butts & Guts 7:00pm - 7:30pm Raven 250						
7:30 PM	MMA 7:30pm - 9:00pm Ronnie 230						
8:00 PM							

Summer Schedule starts June 5

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