



Group Fitness Schedule, Block 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*7:00 am <i>Running Club</i>		Tired Tigers Running Club			Tired Tigers Running Club
7:15 – 8:00 am	Vinyasa Yoga <i>Keeley</i>	Vinyasa Yoga <i>Caroline</i>	Vinyasa Yoga <i>Keeley</i>	Vinyasa Yoga <i>Caroline</i>	
11:00 – 11:50 am	Fit 4 Life <i>Christina,</i> <i>rec gym</i>		Fit 4 Life <i>Christina,</i> <i>rec gym</i>		Fit 4 Life <i>Christina,</i> <i>rec gym</i>
**1:00 – 3:00 pm Aerial Silks <i>Emila</i>			1:00, Beginning 2:00, Open		1:00, Beginning 2:00, Open
3:15 – 4:15 pm		Cardio Blast <i>Ella</i>	Grappling <i>Owen</i>		Grappling <i>Owen</i>
4:30 – 5:30 pm	Total Body Strength <i>Ella</i>	Vinyasa Yoga <i>Daphne</i>	Total Body Strength <i>Ella</i>	Body Weight Strength <i>Ella</i>	
6:00 – 7:00 pm	Grappling <i>Owen</i>			Ashtanga Yoga <i>Daphne</i>	
7:30 – 8:30 pm	Vinyasa Yoga <i>Keeley</i>	Line Dancing <i>Sarah</i>	Slow Flow Yoga <i>Maggie</i>	Kick/Boxing <i>Lennea</i>	
8:30 – 9:30 pm		Kick/Boxing <i>Lennea</i>			

* Meet up at the north entrance to the AFP Fitness Center.

** Aerial Silks classes are held in the Ritt Kellogg Climbing Gym (1:00 beginner, 2:00 open)