



## Group Fitness Schedule, Block 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 – 8:00 am	Hatha Yoga <i>Keely</i>	Hatha Yoga <i>Keely</i>		Hatha Yoga <i>Keely</i>	
8:00 – 8:30 am			Zumba <i>AnaGaby</i>		Zumba <i>AnaGaby</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/Autumn</i>	1:00, Beginning 2:00, Open		1:00, Beginning 2:00, Open		
2:15 – 3:15 pm		Hip Hop Dance <i>Lilah</i>		Hip Hop Dance <i>Lilah</i>	
3:15 – 4:15 pm		**Spinning <i>Sofie</i>	Grappling <i>Joe</i>	**Spinning <i>Sofie</i>	
4:30 – 5:30 pm	Total Body Strength <i>Ella</i>	Cardio Blast <i>Ella</i>	Yin Yoga <i>Misty</i>	Body Weight Strength <i>Ella</i>	Grappling <i>Joe</i>
6:00 – 7:00 pm	Vinyasa Yoga <i>Lindsey</i>	Grappling <i>Joe</i>	Total Body Strength <i>Ella</i>	Vinyasa Yoga <i>Lindsey</i>	
7:30 – 8:30 pm	Line Dancing <i>Bea</i>		Line Dancing <i>Bea</i>	Kick/Boxing <i>Lennea</i>	

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

\*\* First 8 participants only due to the limited number of bikes