

## GROUP FITNESS SCHEDULE

**FALL SEMESTER 2024** 

Vinyasa Flow 6:30am w/ Izzy P.

Full Body Spin

12:00pm w/ Ava

**Pilates** 

Cycle & Strength

5:00pm w/ Kate

Barre

Cycle

6:00pm w/ Gracie

BarreFusion

7:00pm w/ Brielle

Hip Hop Dance

8:00pm w/ Shelby



6:30am w/ Mely

Cycle & Strength

12:00pm w/ Leah 3:00pm w/ Kaitlyn 4:00pm w/ Izzy L. 5:00pm w/ Ava

Power Vinyasa

6:00pm w/ Mary

Full Body Spin Cycle & Strength Cycle & Strength

7:00pm w/ Kate

Hip Hop Dance

8:00pm w/ Shelby

Sweat Cycle

6:30am w/ Daria

Cycle & Strength

12:00pm w/ Gabby

HIIT Cycle

BarreFusion

5:00pm w/ Brielle

Bootcamp

6:00pm w/ Lyndsey

Restorative Yoga

7:00pm w/ Lauren

Line Dance

8:00pm w/ Shelby OR Brielle

6:30am w/ Mely

Vinyasa Flow

6:30am w/ Izzy P.

Cycle

9:30am w/ Ellie

Cycle

Full Body Spin

12:00pm w/ Ava

Sweat Cycle

10:45am w/ Breanna

HIIT Cycle

12:00pm w/ Gracie 3:00pm w/ Gabby

Cycle

3:00pm w/ Ellie

HIIT Cycle

4:00pm w/ Makenzie

Barre

5:00pm w/ Kaitlyn

Cycle & Strength

6:00pm w/ Mary

Vinyasa Flow

7:00pm w/ Jetta

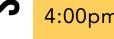
Cycle 8:00pm w/ Ellie

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HIIT Cycle

4:00pm w/ Makenzie

**Sweat Cycle** 

5:15pm w/ Breanna 6:30pm w/ Gracie

Cycle



