



STUDENT RECREATION CENTER - MAIN CAMPUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15-7:00AM Rocket Cycle Olivia (CR)	6:15-7:15AM Sunrise Yoga Rebecca (FS)	6:15-7:00AM POUND Toni (FS)	6:15-7:15AM Sunrise Yoga Rebecca (FS)	12:00-1:00PM Yoga Rachel (FS)
3:30-4:30PM Pilates Kayla (FS)	12:00-1:00PM Cardio Drumming Waverley(FS)	6:15-7:00AM Rocket Cycle Holly (CR)	6:15-7:00AM Rocket Cycle Olivia (CR)	
5:00-6:00PM Athletic Conditioning Chandler(FS)	5:00-6:00PM Zumba Dil (FS)	12:00-1:00PM Yoga Rachel (FS)	6:15-7:15PM PiYO Anne (FS)	
6:15-7:15PM Zumba Paola (FS)	6:15-7:15PM PiYO Anne (FS)	5:00-5:45PM Rocket Cycle Holly (CR)	7:30-8:00PM Six Pack Attack Anne (FS)	
	7:30-8:00PM Six Pack Attack Anne (FS)	6:00-6:45PM Rocket Cycle Holly (CR)		
		5:30-6:15PM POUND Toni (FS)		
		6:30-7:30PM Zumba Dil (FS)		
		7:45-8:45PM Yin Yoga Rachel (FS)		

CR- CYCLING ROOM
FS- FITNESS STUDIO
LP- LEISURE POOL

MORSE FITNESS CENTER - HEALTH SCIENCE CAMPUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00-12:30PM Total Body Conditioning Jake	6:15-7:00AM Rocket Cycle Holly	12:00-1:00PM Cardio Drumming Waverley	5:30-6:30PM Zumba Dil	12:00-12:45PM POUND Toni
	12:00-1:00PM Yoga Rachel	5:00-6:00PM Bootcamp Jake		
	5:30-6:30PM Yoga Rachel			