



# GROUP FITNESS SCHEDULE

FALL SEMESTER 2024



MON

Vinyasa Flow 6:30am w/ Izzy P.	Full Body Spin 12:00pm w/ Ava	Cycle & Strength 5:00pm w/ Kate	Cycle 6:00pm w/ Gracie	BarreFusion 7:00pm w/ Brielle	Hip Hop Dance 8:00pm w/ Shelby
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TUE

Cycle & Strength 6:30am w/ Mely	Pilates 12:00pm w/ Leah	Barre 3:00pm w/ Kaitlyn	Power Vinyasa 4:00pm w/ Izzy L.	Full Body Spin 5:00pm w/ Ava	Cycle & Strength 6:00pm w/ Mary	Cycle & Strength 7:00pm w/ Kate	Hip Hop Dance 8:00pm w/ Shelby
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WED

Sweat Cycle 6:30am w/ Daria	HIIT Cycle 12:00pm w/ Gabby	BarreFusion 5:00pm w/ Brielle	Bootcamp 6:00pm w/ Lyndsey	Restorative Yoga 7:00pm w/ Lauren	Line Dance 8:00pm w/ Shelby OR Brielle
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THUR

Cycle & Strength 6:30am w/ Mely	Cycle 12:00pm w/ Gracie	HIIT Cycle 3:00pm w/ Gabby	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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FRI

Vinyasa Flow 6:30am w/ Izzy P.	Full Body Spin 12:00pm w/ Ava	Cycle 3:00pm w/ Ellie
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SAT

Cycle 9:30am w/ Ellie	Sweat Cycle 10:45am w/ Breanna
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SUN

HIIT Cycle 4:00pm w/ Makenzie	Sweat Cycle 5:15pm w/ Breanna	Cycle 6:30pm w/ Gracie
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RESERVE YOUR SPOT IN A CLASS TODAY!

