



fall Group Fitness

Time	M	T	W	TR	F	SA	SU
6:15-7:10 am	CU CYCLING: ASHLEY		CU CYCLING: ASHLEY		CU CYCLING: ASHLEY		No Classes 9/3-9/5 10/15-10/23 11/23-11/27
7:15-8:10 am					BARRE INTENSITY: MELISSA		
10:15-11:10 am						BODY PUMP: PRECY	
11:15am-12:00 pm	TABATA: CLAIRE					CU CYCLING: ASHLEY	
12:05-12:50 pm		F/S YOGA: KWIN		F/S YOGA: KWIN		ZUMBA: GRACE	
4:00-4:50 pm	CU CYCLING: MACKENZIE	BODY PUMP: PRECY		BODY PUMP: PRECY			
5-5:55 pm	YOGA FLOW: KWIN	BARRE INTENSITY: MAGGIE	CU CYCLING: MACKENZIE	BARRE INTENSITY: MAGGIE			ZUMBA: GRACE
6:05-7 pm	BODY PUMP: MELISSA	VINYASA YOGA: KENDALL	BODY PUMP: MELISSA	VINYASA YOGA: KENDALL			
7:05-8 pm		HIIT: JOE	TABATA: CLAIRE				

