# Fall Group Fitness

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