





CAMPUS RECREATION MMC GROUP FITNESS SCHEDULE

 REGISTRATION NOT REQUIRED

 CLASSES ARE 50 MINUTES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM	Cycling with Ray	Cycling with Meredith	Cycling with Ray	Cycling with Meredith		
11:00AM						Cycling with Meredith
12:00PM	Cycling with Amanda	Gentle Yoga with JC	Cycling with Amanda	Gentle Yoga with JC		HIIT & Tone with John
4:00PM	Cycling with Ray ----- Power Yoga with JC	Total Body Cardio Blast with Ray 	Cycling with Ray ----- Power Yoga with JC	Total Body Cardio Blast with Ray 	Power Yoga with JC	
5:00PM	Sculpt 360  with Ray ----- Ballet  with Kenton	Cycling with Ray	Sculpt 360  with Ray ----- Ballet  with Kenton	Cycling with Tony		
6:00PM		Zumba Cardio Blast with Tony		Zumba Cardio Blast with Tony		

LOCATION KEY:  BLUE AND GOLD STUDIO |  CYCLING STUDIO |  PANTHER ROOM

SMALL GROUP TRAINING:  PURCHASE & REGISTRATION REQUIRED

CAMPUS RECREATION BBC GROUP FITNESS SCHEDULE

 REGISTRATION NOT REQUIRED

 CLASSES ARE 50 MINUTES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1:00PM		Cycling with Heather		Cycling with Heather
4:00PM			Cycling with Haley	

LOCATION KEY:  BLUE AND GOLD STUDIO |  CYCLING STUDIO |  PANTHER ROOM

SMALL GROUP TRAINING:  PURCHASE & REGISTRATION REQUIRED