









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	<p style="text-align: center;">NO CLASSES</p> <p style="text-align: center;">-----</p> <p style="text-align: center;">Thanksgiving Break Nov. 28, 29, 30</p>		
11:00AM						
12:00PM	Cycling with Amanda	Gentle Yoga with JC	Cycling with Amanda			
4:00PM	Cycling with Ray ----- Power Yoga with JC	Total Body Cardio Blast  with Ray	Cycling 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			
6:00PM		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	NO CLASSES ----- Thanksgiving Break Nov. 27-28	
4:00PM				

LOCATION KEY: ● FITNESS STUDIO