

CAMPUS RECREATION MMC GROUP FITNESS SCHEDULE

! REGISTRATION IS NOT REQUIRED ⌚ CLASSES ARE 50 MINUTES UNLESS OTHERWISE NOTED

	MON	TUES	WED	THURS	FRI	SAT
7:00 AM	Cycling with Ray	Cycling with Cassidy	Cycling with Ray	Cycling with Cassidy		
11:00 AM						Cycling with Linda
12:00 PM	Cycling with Amanda	Gentle Yoga with JC	Cycling with Amanda	Gentle Yoga with JC		HIIT & Tone with Linda
4:00 PM	Cycling with Ray <hr/> Power Yoga with JC	Total Body Cardio Blast with Ray NEW	Cycling with Ray <hr/> Power Yoga with JC	Total Body Cardio Blast with Ray NEW	Power Yoga with JC	
5:00 PM	Sculpt 360 with Ray NEW	Cycling with Ray	Sculpt 360 with Ray NEW	Cycling with Tony		
6:00 PM		Zumba Cardio Blast with Tony	Beginner Zumba with Gabriela	Zumba Cardio Blast with Tony	Beginner Zumba with Gabriela	

ROOM LOCATION KEY:



BLUE AND GOLD STUDIO



CYCLING STUDIO

CAMPUS RECREATION
BBC GROUP FITNESS SCHEDULE

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	MON	TUES	WED	THURS
1:00 PM		Cycling with Heather		Cycling with Heather
4:00 PM			Cycling with Haley	

ROOM LOCATION KEY: ■ FITNESS STUDIO