

CAMPUS RECREATION MMC GROUP FITNESS SCHEDULE



REGISTRATION NOT REQUIRED



CLASSES ARE 50 MINUTES

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|-------------------------------|-------------------------------|---|------------------------|--------------------------|---------------------------|
| 7:00AM | Vinyasa Yoga with Isabella | Cycling with Ray | Vinyasa Yoga with Isabella | Cycling with Ray | | |
| 11:00AM | | | | | Cycling with Meredith | Cycling with Linda |
| 12:00PM | Gentle Yoga with JC | Vinyasa Yoga with Isabella | Gentle Yoga with JC | | Gentle Yoga with JC | HIIT & Tone with Linda |
| 4:00PM | Mat Pilates with Meredith | Cycling with Ray | Power Yoga with JC | Cycling with Ray | | |
| 5:00PM | Cycling with Ray | Sculpt 360 with Ray | Mat Pilates with Meredith ----- Cycling with Tony | Sculpt 360 with Ray | | |
| 6:00PM | Vinyasa Yoga with Isabella | Zumba with Tony | Vinyasa Yoga with Isabella | Zumba with Tony | | |

LOCATION KEY: ● BLUE AND GOLD STUDIO | ● CYCLING STUDIO

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:  FITNESS STUDIO