

FALL 2026 SEMESTER // EFFECTIVE: MON, AUG. 24 - SAT, SEPT. 12

CAMPUS RECREATION MMC GROUP FITNESS SCHEDULE

— ENTRY CUTOFF 10 MINS AFTER CLASS TIME ⌚ CLASSES ARE 50 MINUTES UNLESS OTHERWISE NOTED ! REGISTRATION NOT REQUIRED

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM	Full Body Bootcamp with Lauren	Cycling with Ray ----- Mat Pilates with Andrea	Full Body Bootcamp with Ray	Cycling with Ray ----- Mat Pilates with Andrea		
11:00AM						Cycling with Linda
12:00PM	Cycling with Thomas		Cycling with Thomas ----- Mat Pilates with Andrea		Mat Pilates with Rebeca	HIIT & Tone with Linda
4:00PM	Mat Pilates with Rebeca	Yoga Sculpt with Gabriella	Mat Pilates with Rebeca	Yoga Sculpt with Gabriella		
5:00PM	Sculpt 360 with Ray	Cycling with Ray	Sculpt 360 with Ray	Cycling with Tony		
6:00PM	Cycle Beat with Freddie ----- Zumba with Emily	Zumba with Tony	Cycle Beat with Freddie ----- Zumba with Robert	Zumba with Robert		

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

FALL 2026 SEMESTER // EFFECTIVE: MON, SEPT. 14 - SAT, OCT. 03

CAMPUS RECREATION MMC GROUP FITNESS SCHEDULE

 ENTRY CUTOFF 10 MINS AFTER CLASS TIME
  CLASSES ARE 50 MINUTES UNLESS OTHERWISE NOTED
  REGISTRATION NOT REQUIRED

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM	Full Body Bootcamp with Lauren	Cycling with Ray ----- Mat Pilates with Andrea	Full Body Bootcamp with Ray	Cycling with Ray ----- Mat Pilates with Andrea		
11:00AM						Cycling with Linda
12:00PM	Cycling with Thomas	Power Yoga with JC	Cycling with Thomas ----- Mat Pilates with Andrea	Power Yoga with JC	Mat Pilates with Rebeca	HIIT & Tone with Linda
4:00PM	Mat Pilates with Rebeca	Yoga Sculpt with Gabriella	Mat Pilates with Rebeca	Yoga Sculpt with Gabriella		
5:00PM	Sculpt 360 with Ray	Cycling with Ray	Sculpt 360 with Ray	Cycling with Tony		
6:00PM	Cycle Beat with Freddie ----- Zumba with Emily	Zumba with Tony	Cycle Beat with Freddie ----- Zumba with Robert	Zumba with Robert		

LOCATION KEY:  BLUE AND GOLD STUDIO |  CYCLING STUDIO

CAMPUS RECREATION

BBC GROUP FITNESS SCHEDULE



ENTRY CUTOFF 10 MINS AFTER CLASS TIME



REGISTRATION NOT REQUIRED



CLASSES ARE 50 MINUTES

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

 FITNESS STUDIO