

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	Vinyasa Yoga with Isabella	Cycling with Ray	<div>THANKSGIVING BREAK</div> <div>-----</div> <div>ALL GROUP FITNESS CLASSES ARE CANCELLED</div>			
11:00AM						
12:00PM	Power Yoga with JC					
12:15PM		Core 30 with Lauren 				
4:00PM	Mat Pilates with Meredith	Cycling with Ray				
5:00PM	Cycling with Ray	Sculpt 360 with Ray				
6:00PM	Vinyasa Yoga with Isabella	Zumba with Tony				

LOCATION KEY:  BLUE AND GOLD STUDIO |  CYCLING STUDIO

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM	Vinyasa Yoga with Isabella	Cycling with Ray	Vinyasa Yoga with Isabella	Cycling with Ray		
11:00AM					Cycle Beat with Meredith	Cycling with Linda
12:00PM	Power Yoga with JC		Power Yoga with JC		Power Yoga with JC	HIIT & Tone with Linda
12:15PM		Core 30 with Lauren 		Core 30 with Lauren 		
4:00PM	Mat Pilates with Meredith	Cycling with Ray	Bootcamp with Ray	Cycling with Ray		
5:00PM	Cycling with Ray	Sculpt 360 with Ray	Mat Pilates with Meredith ----- Cycle Beat with Tony	Sculpt 360 with Ray		
6:00PM	Vinyasa Yoga with Isabella	Zumba with Tony	Vinyasa Yoga with Isabella	Zumba with Tony		

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00AM		Cycling with Ray	Vinyasa Yoga with Isabella	Cycling with Ray	
12:00PM	Power Yoga with JC		Power Yoga with JC		Power Yoga with JC
12:15PM		Core 30 with Lauren 		Core 30 with Lauren 	
4:00PM	Cycling with Ray		Cycling with Ray		
5:00PM	Sculpt 360 with Ray	Vinyasa Yoga with Isabella	Sculpt 360 with Ray	Vinyasa Yoga with Isabella	

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WINTER BREAK 2025 // EFFECTIVE: MON, DEC 15 - SAT, DEC 20

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00AM	Vinyasa Yoga with Isabella	Cycling with Ray	Vinyasa Yoga with Isabella	Cycling with Ray	
12:00PM	Power Yoga with JC		Power Yoga with JC		Power Yoga with JC
12:15PM		Core 30 with Lauren 		Core 30 with Lauren 	
5:00PM	Sculpt 360 with Ray	Vinyasa Yoga with Isabella	Sculpt 360 with Ray		

LOCATION KEY:  BLUE AND GOLD STUDIO |  CYCLING STUDIO

FIU | Campus
Recreation