CAMPUS RECREATION **MMC GROUP FITNESS SCHEDULE**

REGISTRATION NOT REQUIRED

CLASSES	ARE 50	MINUTES
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM	Cycling with Ray	Cycling with Meredith	Cycling with Ray	Cycling with Meredith		
11:00AM						Cycling with Linda
12:00PM	Cycling with Meredith Gentle Yoga with JC		Cycling with Meredith Gentle Yoga with JC			Cycling with Linda
4:00PM	Cycling with Ray Power Yoga with JC	Total Body Cardio Blast with Ray	Cycling with Ray Power Yoga with JC	Total Body Cardio Blast with Ray	Power Yoga with JC	
5:15PM	Sculpt 360 with Ray	Cycling with Ray	Sculpt 360 with Ray	Cycling with Tony		
6:15PM		Zumba Cardio Blast with Tony				

📄 BLUE AND GOLD STUDIO | 🦲 CYCLING STUDIO | 🛑 PANTHER ROOM

SMALL GROUP TRAINING: 🔇 PURCHASE & REGISTRATION REQUIRED



CAMPUS RECREATION **MMC GROUP FITNESS SCHEDULE**

REGISTRATION NOT REQUIRED



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM	Cycling with Ray	Cycling with Meredith	Cycling with Ray	Cycling with Meredith		
11:00AM						Cycling with Linda
12:00PM	Cycling with Meredith		Cycling with Meredith			Cycling
12:00FN	Gentle Yoga with JC		Gentle Yoga with JC			with Linda
	Cycling with Ray	Total Body	Cycling with Ray	Total Body	Power Yoga	
4:00PM	Power Yoga with JC	Cardio Blast with Ray Power Yoga with JC With Ray		with JC		
5:15PM	Sculpt 360 with Ray	Cycling with Ray	Sculpt 360 with Ray	Cycling with Tony		
6:15PM		Zumba Cardio Blast with Tony		Zumba Cardio Blast with Tony		

📄 BLUE AND GOLD STUDIO | 🦲 CYCLING STUDIO | 🦲 PANTHER ROOM

SMALL GROUP TRAINING: (S) PURCHASE & REGISTRATION REQUIRED



BBC GROUP FITNESS SCHEDULE

REGISTRATION NOT REQUIRED

CLASSES ARE 50 MINUTES		CLASSES	ARE 50	MINUTES
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1:00PM		Cycling with Heather		Cycling with Heather
4:00PM			Cycling with Haley	

LOCATION KEY: FITNESS STUDIO

