

CAMPUS RECREATION MMC GROUP FITNESS SCHEDULE



REGISTRATION NOT REQUIRED



CLASSES ARE 50 MINUTES

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

LOCATION KEY:  FITNESS STUDIO