


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	CycleBeat with Freddie	Sculpt 360 with Ray	CycleBeat with Freddie	Sculpt 360 with Ray		
9:00AM		Cycling with Thomas		Cycling with Thomas		
11:00AM						Cycling with Linda
12:00PM		Power Yoga with JC		Power Yoga with JC		HIIT & Tone with Linda
12:15PM	Core 30 with Lauren 		Core 30 with Lauren 			
5:00PM	Sculpt 360 with Ray	Zumba with Tony	Sculpt 360 with Ray	Zumba with Robert		

LOCATION KEY:  BLUE AND GOLD STUDIO |  CYCLING STUDIO

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 ENTRY CUTOFF 10 MINS AFTER CLASS TIME

 REGISTRATION NOT REQUIRED

 CLASSES ARE 50 MINUTES

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

LOCATION KEY:  FITNESS STUDIO