

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						
9:00AM	Full Body Bootcamp with Lauren	Cycling with Thomas	Full Body Bootcamp with Lauren	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	CycleBeat with Freddie	Zumba with Robert	CycleBeat with Freddie	Zumba with Robert		

LOCATION KEY:  BLUE AND GOLD STUDIO |  CYCLING STUDIO

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BBC GROUP FITNESS SCHEDULE

There will be no group fitness classes during the Summer B semester. Classes will resume in the Fall.