





# CAMPUS RECREATION MMC GROUP FITNESS SCHEDULE

! REGISTRATION IS NOT REQUIRED ⌚ CLASSES ARE 50 MINUTES UNLESS OTHERWISE NOTED

	MON	TUES	WED	THURS	FRI	SAT
<b>7:00 AM</b>	Cycling with Ray	Cycling with Cassidy	Cycling with Ray	Cycling with Cassidy		
<b>11:00 AM</b>						Cycling with Linda
<b>12:00 PM</b>	Cycling with Amanda	Gentle Yoga with JC	Cycling with Amanda	Gentle Yoga with JC	Gentle Yoga with JC	HIIT & Tone with Linda
<b>4:00 PM</b>	Cycling with Ray <hr/> Power Yoga with JC	Total Body Cardio Blast with Ray 	Cycling with Ray <hr/> Power Yoga with JC	Total Body Cardio Blast with Ray 	Power Yoga with JC	
<b>5:00 PM</b>	Sculpt 360 with Ray 	Cycling with Ray	Sculpt 360 with Ray 	Cycling with Tony		
<b>6:00 PM</b>		Zumba Cardio Blast with Tony	HIIT with Ray	Zumba Cardio Blast with Tony		

ROOM LOCATION KEY:  BLUE AND GOLD STUDIO  CYCLING STUDIO

CAMPUS RECREATION  
**MMC GROUP FITNESS SCHEDULE**

! REGISTRATION IS NOT REQUIRED ⌚ CLASSES ARE 50 MINUTES UNLESS OTHERWISE NOTED

	MON	TUES	WED	THURS
1:00 PM		Cycling with Heather		Cycling with Heather

ROOM LOCATION KEY: ■ FITNESS STUDIO