





# CAMPUS RECREATION MMC GROUP FITNESS SCHEDULE

 REGISTRATION NOT REQUIRED

 CLASSES ARE 50 MINUTES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM	<p><b>NO CLASSES</b></p> <p>-----</p> <p><b>Veterans Day</b> Nov. 11</p>	Cycling with Meredith	Cycling with Ray	Cycling with Meredith		
11:00AM						Cycling with Linda
12:00PM		Gentle Yoga with JC	Cycling with Amanda	Gentle Yoga with JC		HIIT & Tone with Linda
4:00PM		Total Body Cardio Blast with Ray 	Cycling with Ray ----- Power Yoga with JC	Total Body Cardio Blast with Ray 	Power Yoga with JC	
5:00PM		Cycling with Ray	Sculpt 360 with Ray  ----- Ballet  with Kenton	Cycling with Tony		
6:00PM		Zumba Cardio Blast with Tony		Zumba Cardio Blast with Tony		

LOCATION KEY:  BLUE AND GOLD STUDIO |  CYCLING STUDIO |  PANTHER ROOM

SMALL GROUP TRAINING:  PURCHASE & REGISTRATION REQUIRED

CAMPUS RECREATION  
**BBC 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
4:00 PM			Cycling with Haley	

ROOM LOCATION KEY: ■ FITNESS STUDIO