

CAMPUS RECREATION MMC GROUP FITNESS SCHEDULE

! REGISTRATION NOT REQUIRED

🕒 CLASSES ARE 50 MINUTES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM	Cycling with Meredith	Cycling with Ray	Cycling with Ray	Cycling with Ray		
11:00AM						Cycling with Linda
12:00PM	Gentle Yoga with JC	Vinyasa Yoga with Isabella	Gentle Yoga with JC	Vinyasa Yoga with Isabella		HIIT & Tone with Linda
4:00PM	Total Body Cardio with Ray	Vinyasa Yoga with Isabella	Total Body Cardio with Ray	Mat Pilates with Meredith		
5:00PM	Sculpt 360 with Ray	Cycling with Meredith	Sculpt 360 with Ray	Cycling with Ray		

LOCATION KEY: ● BLUE AND GOLD STUDIO | ● CYCLING STUDIO