



## Group Fitness Schedule Block 2



|                     | MONDAY                                      | TUESDAY                                 | WEDNESDAY                                   | THURSDAY                       | FRIDAY                                      |
|---------------------|---------------------------------------------|-----------------------------------------|---------------------------------------------|--------------------------------|---------------------------------------------|
| 7:15 – 8:00 am      | Vinyasa Yoga<br><i>Keely</i>                | Vinyasa Yoga<br><i>Keely</i>            |                                             | Vinyasa Yoga<br><i>Keely</i>   | HIIT<br><i>Payton</i>                       |
| 11:00 – 11:50<br>am | Fit 4 Life<br><i>Christina,<br/>rec gym</i> |                                         | Fit 4 Life<br><i>Christina,<br/>rec gym</i> |                                | Fit 4 Life<br><i>Christina,<br/>rec gym</i> |
| * 1:00 – 3:00<br>pm |                                             |                                         | Aerial Silks                                |                                | Aerial Silks                                |
| 4:30 – 5:30 pm      | Grappling                                   | Yin/Restorative<br>Yoga<br><i>Misty</i> | Grappling                                   |                                |                                             |
| 6:00 – 7:00 pm      | HIIT<br><i>Payton</i>                       | Power Vinyasa<br>Yoga<br><i>Lindsey</i> | HIIT<br><i>Payton</i>                       | Vinyasa Yoga<br><i>Lindsey</i> |                                             |
| 7:30 – 8:30 pm      | Line Dancing<br><i>Bea</i>                  | Vinyasa Yoga<br><i>Keely</i>            | Line Dancing<br><i>Bea</i>                  | Vinyasa Yoga<br><i>Keely</i>   |                                             |

\* Aerial Silks classes are held in the Ritt Kellogg Climbing Gym with Sophia, Autumn, and Emila.