

EXERCISE COLOR KEY	CARDIO	RESISTANCE	FLEXIBILITY	NEUROMOTOR	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
6:15-7:15am	SPIN EXPRESS + ABS Marilyn Studio 2	ZENERGY YOGA Marilyn Studio 3	SPIN EXPRESS + ABS Lourdes Studio 2	ZENERGY YOGA Marilyn Studio 3	SPIN EXPRESS + ABS Lourdes Studio 2
12:00-1:00pm	SPIN BATA Marcela Studio 2	TABATA EXPRESS *12:00-12:45pm Lia Studio 3	HIIT45 *12:00-12:45pm Leah Studio 3	SPIN BATA Marcela Studio 2	SPIN&SCULPT *12:00-1:10pm Lourdes Studio 2
1:00-2:00pm	YOGA FLOW Patricia Studio 1		YOGA FLOW Patricia Studio 1		YOGA FLOW Marilyn Studio 1
4:15-5:15pm	BODY SCULPT Lourdes Studio 3	BUTTS-N-GUTTS Aaron Studio 3	SPIN EXPRESS *4:00-4:45pm Lourdes Studio 2	BUTTS-N-GUTTS Aaron Studio 3	
5:30-6:30pm	YOGA STRETCH Marilyn Studio 1	SPIN Brittany Studio 2	YOGA STRETCH Marilyn Studio 1	CIRCUIT BLAST Maria + Leah Studio 3 *sign up required	ZUMBA Amy *5:00-6:00pm Studio 3
	SPIN Lourdes Studio 2		BODY SCULPT *5:00-6:00pm Lourdes Studio 3		
	INSANITY Juliana Studio 3				
6:00 – 6:45pm		HIIT45 Maria Studio 3	TABATA EXPRESS Mike Studio 3	SPIN EXPRESS Mike Studio 2	HIIT45 Hannah Studio 3
6:45-7:45pm	BATTLE ROPE BURN Aaron/Noelle Outdoor Basketball Courts	YOGA FLOW Valerie Studio 1	BATTLE ROPE BURN Aaron/Hannah Outdoor Basketball Courts	YOGA FLOW Maria Studio 3	YOGA FLOW Hannah Studio 3
7:00-8:00pm	ZUMBA Anita Studio 3	HIP HOP Maria Studio 3	ZUMBA Anita Studio 3		

	SATURDAY	SUNDAY
8:15-9:15am	BATTLE ROPE BURN Aaron/Mike Outdoor Basketball Courts	
9:00-10:00am	BOSU Pump Lourdes Studio 3	YOGA FLOW Rebecca Studio 3
10:15-11:15am	SPIN Lourdes Studio 2	SPIN Brittany Studio 2
11:30-12:30pm	YOGA FLOW Lourdes Studio 3	
5:00-6:00pm		KETTLEBELL CIRCUIT Chris Studio 3
6:00-7:00pm		STRETCH AND FOAM ROLL Chris Studio 3

GROUP EXERCISE POLICIES AND PROCEDURES:

- Please be EARLY/ON TIME to class for appropriate warm-up, and to avoid distractions.
- Participation Policy: 3 participants are required to conduct a class.
- Schedule is subject to change monthly based on class participation.
- Dress Code/Devices: Workout attire must fully cover the mid-section.
- Proper athletic shoes required for all group exercises excluding mind body and aqua.
- No cell phones, iPods, or other devices allowed during class! University Holidays: All group exercise classes cancelled for University holidays.