



## Fall 2021: Group Fitness Schedule



<u>Day</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
<b>Monday</b>	11:30-12:20 AM 12:00-12:45 PM 1:15-2:00 PM 6:00-6:30 PM	Vinyasa Flow Pumptastic HEAT Total Body Sculpt: Barre Yoga Flow	Mia Alex Carley Shannon R.	Yoga Studio 215 Tennis Courts Yoga Studio 215 Yoga Studio 215
<b>Tuesday</b>	8:30-9:15 AM 12:00-12:45 PM 4:15-5:00 PM 5:00-5:30 PM	Kickboxing Abs and Glutes Barre Burst Strength and Stretch	Mary Carley Angelina Angelina	Room 101 Yoga Studio 215 Yoga Studio 215 Yoga Studio 215
<b>Wednesday</b>	11:30-12:20 AM 12:00-12:30 PM 1:15-2:00 PM 6:00-6:30 PM 6:00-6:30 PM	Vinyasa Flow Deep Stretch and Relax Total Body Sculpt: Barre Yoga Flow Hatha Yoga Flow	Mia Shannon S. Carley Shannon R. Shannon S.	Yoga Studio 215 ZOOM Yoga Studio 215 Yoga Studio 215 ZOOM
<b>Thursday</b>	8:30-9:15 AM 11:00-12:00 PM 12:00 - 12:45 PM 4:15 - 5:00 PM 5:00 - 5:30 PM	Kickboxing Vinyasa Flow Abs and Glutes Barre Burst Strength and Stretch	Mary Natalie Carley Angelina Angelina	Room 101 Yoga Studio 215 Yoga Studio 215 Yoga Studio 215 Yoga Studio 215
<b>Friday</b>	11:15-12:00 PM 12:00-12:45 PM	Vinyasa Flow Pumptastic HEAT	Natalie Alex	Yoga Studio 215 Tennis Courts