

# GROUP FITNESS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

SUNDAY

6:15AM

Strength LES MILLS  
Development

FACULTY / STAFF FOCUSED CLASS

MARKIN 201

Strength LES MILLS  
Development

FACULTY / STAFF FOCUSED CLASS

MARKIN 201

12:05PM

Strength LES MILLS  
Development

MARKIN 201

Strength LES MILLS  
Development

MARKIN 201

Strength LES MILLS  
Development

MARKIN 201

Strength LES MILLS  
Development

MARKIN 201

12:05PM

YOGA/PILATES

MARKIN 30

COUNTRY LINE DANCING

MARKIN 30

5:30PM

LES MILLS  
**BODYPUMP**

MARKIN 201

LES MILLS  
**BODYPUMP**

MARKIN 201

6:30PM

LES MILLS  
**sprint**

MARKIN 20

LES MILLS  
**sprint**

MARKIN 20