

# Bradley University | Spring 2024 Group Fitness Schedule

## M

**12:05pm**  
**LM Core**  
Ashley  
Markin 201

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**5:15pm**  
**Body Pump**  
Guillermo  
Markin 201

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## T

**12:05pm**  
**Weights**  
Sue  
Markin 201

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**5:15pm**  
**LM Grit**  
Andre  
Markin 201

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**5:45pm**  
**LM Core**  
Andre  
Markin 201

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**6:30pm**  
**LM Sprint**  
Kim  
Spin Room

## W

**12:05pm**  
**Line Dancing**  
Sue  
Markin 201

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**5:15pm**  
**Body Pump**  
Guillermo  
Markin 201

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**6:30pm**  
**LM Sprint**  
Kim  
Spin Room

## Th

**12:05pm**  
**Pilates / Yoga**  
Sue  
Markin 201

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**5:15pm**  
**LM Grit**  
Chris  
Markin 201

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**5:45pm**  
**LM Core**  
Chris  
Markin 201



**BRADLEY** University  
Campus Recreation  
and Athletic Facilities