MONDAY

Spin & Burn
with Amanda • Rm 15
6:00 - 6:45 a.m.

Cardio BoxStep
with Tijuane • Rm 258
7:00 - 8:00 a.m.

Stretch & Strengthen
with Abida • Rm 250
11:00 a.m. - 12:00 p.m.

SpinTATic
with Tat • Rm 15
Noon - 12:45 p.m.

Beginner Belly Dance
with Abida • Rm 250
12:00 - 1:00 p.m.

Zumba
with Yvonne • Rm258
5:00 - 6:00 p.m.

Cycle To The Beat
with Amy • Rm 15
5:30 - 6:30 p.m.

Zumba
with Yvonne • Rm258
6:00 - 7:00 p.m.

Cardio Body Blast
with Reno • Rm250
6:00 - 7:00 p.m.

Bhangra Bootcamp
with Paramveer • Rm258
7:00 - 8:00 p.m.

Kickbox Insanity
with Reno • Rm258
8:00 - 8:30 p.m.

TUESDAY

CoreBLAST
with Tijuane • Rm 258
6:00 - 7:00 a.m.

Hatha Yoga
with Kate • Rm 250
7:00 - 8:00 a.m.

Power3ROW!
with TBO • Main Floor
7:00 - 7:30 a.m.

Spin & Burn
with Amanda • Rm 15
6:00 - 6:45 a.m.

Hatha Yoga
with Kate • Rm 250
5:00 - 6:00 p.m.

Wind Down Yoga
with Nick N • Rm 250
6:00 - 7:00 p.m.

HourGlassSLAY
with Tat • Rm 258
1:00 - 2:00 p.m.

Barre2Tone
with Abida • Rm 250
2:30 - 3:30 p.m.

Rhythmic Cycle
with Rachael • Rm 15
6:30 - 7:30 p.m.

Core BLAST
with Reno • Rm 250
7:00 - 8:00 p.m.

Zumba
with Tat • Rm 258
8:00 - 9:00 p.m.

WEDNESDAY

Spin & Burn
with Amanda • Rm 15
6:00 - 6:45 a.m.

Cardio BoxStep
with Tijuane • Rm 258
7:00 - 8:00 a.m.

Hatha Yoga
with Kate • Rm 250
5:00 - 6:00 p.m.

Wind Down Yoga
with Kate • Rm 250
7:00 - 8:00 a.m.

Women’s Only Circuit
with Jasmine • W.O. Area
10:00 - 11:00 a.m.

Stretch & Strengthen
with Abida • Rm 250
11:00 a.m. - 12:00 p.m.

AbKiller & Body Sculpt
with George • Rm 258
Noon - 1:00 p.m.

Beginner Belly Dance
with Abida • Rm 250
12:00 - 1:00 p.m.

Zumba
with Tat • Rm 258
1:00 - 2:00 p.m.

Total Body Strong
with Reno • Rm 250
2:00 - 3:00 p.m.
**THURSDAY**

- **CoreBLAST**
  with Tijuana • Rm 258
  6:00 - 7:00 a.m.

- **Hatha Yoga**
  with Kate • Rm 250
  7:00 - 8:00 a.m.

- **Power30ROW!**
  with Tijuana • Main Floor
  7:00 - 7:30 a.m.

- **SpinTATic**
  with Tat • Rm 15
  7:00 - 8:00 a.m.

- **Hip Hop Step**
  with Megan • Rm 250
  8:00 - 9:00 a.m.

- **Kickboxing Circuit**
  with Danielle • Rm 258
  8:30 - 9:30 a.m.

- **Killing It MAX**
  with Kelly • Rm 250
  9:00 - 10:00 a.m.

- **Kardio Kraze**
  with Kelly • Rm 250
  Noon - 1:00 p.m.

- **African Dance Fusion**
  with Patti • Rm 258
  Noon - 1:00 p.m.

- **Bokwa Punch & Strike**
  with Patti • Rm 258
  1:00 - 2:00 p.m.

- **HourGlassSLAY**
  with Tat • Rm 250
  1:30 - 2:00 p.m.

- **TRX Max**
  with Katlyn • Rm 150
  4:00 - 5:00 p.m.

- **Power Yoga**
  with Keerthi • Rm250
  5:00 - 6:00 p.m.

- **Hustle**
  with Donna • Rm 258
  5:30 - 6:30 p.m.

- **SpinTATic**
  with Tat • Rm 15
  5:30 - 6:30 p.m.

- **Wind Down Yoga**
  with Nick N • Rm 250
  6:00 - 7:00 p.m.

- **30 min Abs**
  with Tat • Rm 258
  6:30 - 7:00 p.m.

- **Rhythmic Cycle**
  with Rachael • Rm 15
  6:30 - 7:30 p.m.

- **Zumba**
  with Tat • Rm 258
  7:00 - 8:00 p.m.

- **Core BLAST**
  with Reno • Rm 250
  7:00 - 8:00 p.m.

- **KickBox Insanity**
  with Reno • Rm 258
  8:00 - 9:00 p.m.

- **Lite Stepper**
  with Rachael • Rm 250
  8:00 - 9:00 p.m.

**FRIDAY**

- **Spin & Burn**
  with Amanda • Rm 15
  6:45 - 7:30 a.m.

- **Total Body Strong**
  with Reno • Rm 258
  10:30 - 11:30 a.m.

- **Women's Only Circuit**
  with Tat • W.O. Area
  7:30 - 8:30 a.m.

- **Power Yoga**
  with Keerthi • Rm250
  Noon - 1:00 p.m.

- **Women’s Only Circuit**
  with Tat • Rm 250
  7:30 - 8:30 a.m.

- **Tabata**
  with Reno • Rm 258
  Noon - 1:00 p.m.

- **Barre Lite**
  with Abida • Rm 250
  12:30 - 1:30 p.m.

- **Barre2Tone**
  with Abida • Rm 250
  Noon - 1:00 p.m.

- **KickBox Insanity**
  with Reno • Rm 258
  11:30 - 12:30 p.m.

- **Rhythmic Cycle**
  with Rachael • Rm 15
  6:30 - 7:30 p.m.

- **Total Body Strong**
  with Reno • Rm 258
  5:30 - 6:30 p.m.

- **Zumba**
  with Tat • Rm 258
  7:00 - 8:00 p.m.

- **Barre Lite**
  with Abida • Rm 250
  5:30 - 6:30 p.m.

- **Barre2Tone**
  with Abida • Rm 250
  2:30 - 3:30 p.m.

- **Wind Down Yoga**
  with Nick N • Rm 250
  6:00 - 7:00 p.m.

- **Kardio Kraze**
  with Kelly • Rm 250
  Noon - 1:00 p.m.

- **African Dance Fusion**
  with Patti • Rm 258
  Noon - 1:00 p.m.

- **Bokwa Punch & Strike**
  with Patti • Rm 258
  1:00 - 2:00 p.m.

- **HourGlassSLAY**
  with Tat • Rm 250
  1:30 - 2:00 p.m.

- **TRX Max**
  with Katlyn • Rm 150
  4:00 - 5:00 p.m.

- **Power Yoga**
  with Keerthi • Rm250
  5:00 - 6:00 p.m.

**SATURDAY**

- **Tabata**
  with Reno • Rm 258
  Noon - 1:00 p.m.

- **Barre Lite**
  with Abida • Rm 250
  1:30 - 2:30 p.m.

- **Power Yoga**
  with Keerthi • Rm250
  Noon - 1:00 p.m.

- **Women’s Only Circuit**
  with Tat • W.O. Area
  7:30 - 8:30 a.m.

- **Belly Dance Choreography**
  with Abida • Rm 250
  11:30 a.m. - 12:30 p.m.

- **Total Body Strong**
  with Reno • Rm 258
  5:30 - 6:30 p.m.

- **Killing It MAX**
  with Kelly • Rm 250
  9:00 - 10:00 a.m.

- **Kardio Kraze**
  with Kelly • Rm 250
  Noon - 1:00 p.m.

- **African Dance Fusion**
  with Patti • Rm 258
  Noon - 1:00 p.m.

- **Bokwa Punch & Strike**
  with Patti • Rm 258
  1:00 - 2:00 p.m.

- **HourGlassSLAY**
  with Tat • Rm 250
  1:30 - 2:00 p.m.

- **TRX Max**
  with Katlyn • Rm 150
  4:00 - 5:00 p.m.

- **Power Yoga**
  with Keerthi • Rm250
  5:00 - 6:00 p.m.

Schedule is subject to change