### FALL 2017

**Fitness Schedule**

Classes will begin September 11 and will end December 9, 2017.

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**MONDAY**

- **Bootcamp Cardio Plus Abs**
  - with Deirdre • Rm 258
  - 6:30 - 7:00 a.m.

- **HIIT It Quick**
  - with Yvonne • Rm 258
  - 7:00 - 7:45 a.m.

- **Cycle Zone**
  - with Mirella • Rm 15
  - 7:00 a.m. - 8:00 a.m.

- **Bootcamp/Step**
  - with Deirdre • Rm 258
  - 7:45 a.m. - 8:45 a.m.

- **Barre Fitness**
  - with Abida • Rm 250
  - 11:00 a.m. - 12:00 p.m.

- **Bhangra Fitness**
  - with Arunpreet • Rm 258
  - 11:30 a.m. - 12:15 p.m.

- **Restorative Stretch**
  - with Abida • Rm 250
  - 12:00 - 1:00 p.m.

- **Riding With A Rhythm**
  - with Mirella • Rm 15
  - 12:00 - 1:00 p.m.

- **Belly Dance**
  - with Abida • Rm 250
  - 1:00 - 2:00 p.m.

- **Wind Down Yoga**
  - with Nick • Rm 250
  - 5:00 - 6:00 p.m.

- **HIIT 45**
  - with Anna • Rm 150
  - 5:30 - 6:15 p.m.

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**TUESDAY**

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

- **Zumba Strong**
  - with Mirella • Rm 258
  - 6:00 - 7:00 p.m.

- **Abs & Stretch**
  - with Anna • Rm 150
  - 6:30 - 7:15 p.m.

- **Total Body Cardio Blast**
  - with Reno • Rm 258
  - 7:00 - 8:00 p.m.

- **Bhangra Fitness**
  - with Arunpreet • Rm 250
  - 7:00 - 7:45 p.m.

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

- **Ballsy Moves Step Fusion**
  - with Rachael • Rm 258
  - 7:00 - 8:00 a.m.

- **Cycle To The Beat**
  - with Amy • Rm 15
  - 7:00 - 7:45 a.m.

- **Morning Vinyasa**
  - with Nick • Rm 250
  - 9:00 - 10:00 a.m.

- **SpinTATic**
  - with Tat • Rm 15
  - 12:00 - 12:45 p.m.

- **Get Ripped**
  - with Tat • Rm 258
  - 1:30 - 2:00 p.m.

- **Having A Ball Class**
  - with Debra • Rm 150
  - 4:00 - 5:00 p.m.

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

- **Power Yoga**
  - with Tara • Rm 250
  - 6:00 - 7:00 p.m.

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

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

- **Tabata**
  - with Mirella • Rm 150
  - 7:00 - 8:00 p.m.

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

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**WEDNESDAY**

- **Bootcamp Cardio Plus Abs**
  - with Deirdre • Rm 258
  - 6:30 - 7:00 a.m.

- **HIITS**
  - with Anna • Rm 258
  - 7:00 - 8:00 a.m.

- **Cycle Zone**
  - with Mirella • Rm 15
  - 6:00 - 7:00 a.m.

- **Zumba**
  - with Tat • Rm 258
  - 7:00 - 7:30 p.m.

- **Bhangra Fitness**
  - with Arunpreet • Rm 250
  - 7:00 - 7:45 p.m.

- **Abs & Stretch**
  - with Anna • Rm 258
  - 8:00 - 8:30 a.m.

- **Kickboxing**
  - with Mirella • Rm 15
  - 11:00 a.m. - 12:00 p.m.

- **Power Yoga**
  - with Tara • Rm 250
  - 6:00 - 7:00 p.m.

- **Kick Abs**
  - with Tat • Rm 258
  - 1:00 - 1:30 p.m.

- **Restorative Stretch**
  - with Abida • Rm 250
  - 12:00 - 1:00 p.m.

- **SpinTATic**
  - with Tat • Rm 15
  - 12:00 - 1:00 p.m.

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

- **Total Body Spin**
  - with George • Rm 15
  - 12:00 - 1:00 p.m.

- **Wind Down Yoga**
  - with Nick • Rm 250
  - 5:00 - 6:00 p.m.

- **Get Ripped**
  - with Tat • Rm 258
  - 6:00 - 7:00 p.m.

- **Tabata**
  - with Mirella • Rm 150
  - 7:00 - 8:00 p.m.

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

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Continued on backside...
THURSDAY

- Ballsy Moves Step Fusion
  with Rachael • Rm 258
  7:00 - 8:00 a.m.

- Cycle To The Beat
  with Amy • Rm 15
  7:00 - 7:45 a.m.

- Fit Strength 45
  with George • Lower Level
  8:00 - 8:45 a.m.

- Fit Strength 45
  with George • Lower Level
  9:00 - 9:45 a.m.

- Morning Vinyasa
  with Nick • Rm 250
  9:00 - 10:00 a.m.

- SpinTATic
  with Tat • Rm 15
  12:00 - 12:45 p.m.

- Zumba
  with Tat • Rm 250
  1:15 - 2:00 p.m.

- Kick Abs
  with Tat • Rm 250
  2:00 - 3:00 p.m.

- Having A Ball Class
  with Debra • Rm 150
  4:00 - 5:00 p.m.

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

- Power Yoga
  with Tara • Rm 250
  6:00 - 7:00 p.m.

- Core Cuts
  with Lakithia • Rm 258
  6:30 - 7:00 p.m.

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

- AbBlast
  with Reno • Rm 150
  7:00 - 8:00 p.m.

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

FRIDAY

- Bootcamp Cardio
  with Deirdre • Rm 258
  6:30 - 7:00 a.m.

- Bootcamp Cardio
  with Deirdre • Rm 258
  7:00 - 7:30 a.m.

- Cycle Zone
  with Mirella • Rm 15
  7:30 - 8:30 a.m.

- Rhythmic Cycle Lite
  with Mirella • Rm 15
  11:30 a.m. - 12:30 p.m.

- Zumba Strong
  with Mirella • Rm 250
  12:30 - 1:30 p.m.

- HIIT 45
  with Anna • Rm 258
  1:30 - 2:15 p.m.

- Abs & Stretch
  with Anna • Rm 258
  2:15 - 3:00 p.m.

- Barre Fitness
  with Abida • Rm 250
  4:00 - 5:00 p.m.

- Restorative Stretch
  with Abida • Rm 250
  5:00 - 6:00 p.m.

- Cycle To The Beat
  with Amy • Rm 250
  5:30 - 6:30 p.m.

SATURDAY

- Power Yoga
  with Reno • Rm 258
  10:15 - 11:15 a.m.

- Get Busted Bootcamp
  with Tat • Rm 258
  11:00 a.m. - 12:00 p.m.

- SpinTATic
  with Tat • Rm 15
  12:00 - 1:00 p.m.

- Women’s Only Barre Fitness
  with Abida • Rm 250
  12:00 - 1:00 p.m.

- Strength & Stretch
  with Abida • Rm 250
  1:00 - 2:00 p.m.

- Belly Dance
  with Abida • Rm 250
  2:00 - 3:00 p.m.