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 - 8:00 a.m.

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

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

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

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

Stong by Zumba
with Mirella • Rm 258
6:00 - 7:00 p.m.

Stong by Zumba
with Mirella • Rm 258
6:00 - 7:00 p.m.

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

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

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

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

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

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

Bhangra Fitness
with Arunpreet • Rm 250
11:00 a.m. - 12:15 p.m.

Bhangra Fitness
with Arunpreet • Rm 250
11:00 a.m. - 12:15 p.m.

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

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

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

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

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

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

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

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

TUESDAY

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

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

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

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

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

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

Mid-Day Vinyasa
with Nick • Rm 250
12:00 - 1:00 p.m.

Mid-Day Vinyasa
with Nick • Rm 250
12:00 - 1:00 p.m.

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

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

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

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

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

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

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

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

WEDNESDAY

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

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

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

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

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

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

Kickboxing
with Mirella • Rm 258
11:00 - 11:45 a.m.

Kickboxing
with Mirella • Rm 258
11:00 - 11:45 a.m.

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

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

Barre Fitness
with Abida • Rm 250
12:00 - 1:00 p.m.

Barre Fitness
with Abida • Rm 250
12:00 - 1:00 p.m.

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

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

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

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

Tabata
with Mirella • Rm 258
6:00 - 6:45 a.m.

Tabata
with Mirella • Rm 258
6:00 - 6:45 a.m.

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

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

Bootcamp Abs
with Deirdre • Rm 150
6:00 - 6:30 p.m.

Bootcamp Abs
with Deirdre • Rm 150
6:00 - 6:30 p.m.

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

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

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

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

Don’t risk losing your favorite class. If you love it, share that with others, invite friends/roommates, post about it and help promote your favorite class(es). Email Carole.Gist@wayne.edu with class suggestions and ideas.
**THURSDAY**

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

- Rhythmic Cycle Lite with Mirella • Rm 15
  11:45 a.m. - 12:30 p.m.

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

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

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

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

- Zumba with Tat • Rm 258
  1:15 - 2:15 p.m.

- Kick Abs with Tat • Rm 258
  2:15 - 3:00 p.m.

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

**FRIDAY**

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

- Power Yoga with Tara • Rm 250
  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.

- Strong by Zumba with Mirella • Rm 250
  11:45 a.m. - 12:30 p.m.

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

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

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

- Restorative Stretch with Abida • Rm 250
  10:00 a.m. - 11:00 a.m.

- Rhythmic Cycle Lite with Mirella • Rm 15
  11:45 a.m. - 12:30 p.m.

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

- Restorative Stretch with Abida • Rm 250
  10:00 a.m. - 11:00 a.m.

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

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

- Zumba with Tat • Rm 258
  1:15 - 2:15 p.m.

- Kick Abs with Tat • Rm 258
  2:15 - 3:00 p.m.

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

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

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

**SATURDAY**

- Power Yoga with Tara • Rm 250
  10:15 - 11:15 a.m.

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

- Strong by Zumba with Mirella • Rm 250
  12:00 - 1:00 p.m.

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

- Power Yoga with Tara • Rm 250
  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.

- Power Yoga with Tara • Rm 250
  10:15 - 11:15 a.m.

- Restorative Stretch with Abida • Rm 250
  10:00 a.m. - 11:00 a.m.

- Rhythmic Cycle Lite with Mirella • Rm 15
  11:45 a.m. - 12:30 p.m.

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

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

- Restorative Stretch with Abida • Rm 250
  10:00 a.m. - 11:00 a.m.

- Rhythmic Cycle Lite with Mirella • Rm 15
  11:45 a.m. - 12:30 p.m.

- Barre Fitness with Abida • Rm 250
  5:00 - 6:00 p.m.

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