

MONDAY

NO CLASSES

TUESDAY

Lunchtime Fit
with Kelly • Front Lobby
12:00 p.m. - 12:45 p.m.

HIIT Tabata Series
with Ronald • Rm 150
5:00 p.m. - 6:00 p.m.

Yoga Nidra Meditation
with Camila • Rm 250
5:30 p.m. - 6:00 p.m.

Candlelit Yoga
with Camila • Rm 250
6:00 p.m. - 7:00 p.m.

WEDNESDAY

NO CLASSES

THURSDAY

Lunchtime Fit
with Kelly • Front Lobby
12:00 p.m. - 12:45 p.m.

HIIT Tabata Series
with Ronald • Rm 258
5:00 p.m. - 6:00 p.m.

Body Blast
with Reno • Rm 258
6:00 p.m. - 7:00 p.m.

Kickboxing
with Reno • Rm 258
7:00 p.m. - 8:00 p.m.

Power Yoga
with Andrea • Rm 250
7:00 p.m. - 8:00 p.m.

FRIDAY

AFitt Boot Camp
with Angela • Rm 258
6:00 a.m. - 7:00 p.m.

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

Kickboxing
with Reno • Rm 258
11:00 a.m. - 12:00 p.m.

Body Blast
with Reno • Rm 258
12:00 p.m. - 12:45 p.m.



WAYNE STATE UNIVERSITY
Department of Athletics
Mort Harris Recreation & Fitness Center

Schedule is subject to change
Updated 8/20/19

Semester Break 2019 Fitness Schedule

Classes will begin August 19, 2019 and end August 30, 2019.

YOUR PRESENCE MATTERS! HELP KEEP YOUR FAVORITE CLASSES ON THE SCHEDULE WITH REGULAR ATTENDANCE.

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.