### Monday
- **Afitt Boot Camp** with Angela • Rm 258
  - 6:00 - 7:00 a.m.
- **Sunrise Yoga Flow** with Kelsey J. • Rm 250
  - 6:30 - 7:30 a.m.
- **Cycle To The Beat 45** with Angela • Rm 15
  - 7:00 a.m. - 7:45 a.m.
- **HIIT Tabata Series** with Ronald • Rm 258
  - 7:00 - 8:00 a.m.
- **Yoga** with Kelsey G. • Rm 250
  - 8:00 - 9:00 a.m.
- **Lunchtime Fit 45** with Kelly • Lobby Area
  - 12:00 - 12:45 p.m.
- **HIIT Tabata Series** with Ronald • Rm 258
  - 5:00 - 6:00 p.m.
- **HIIT Tabata Series** with Ronald • Rm 258
  - 7:00 - 8:00 a.m.
- **Cycle Craze** with Anna • Rm 15
  - 5:00 - 6:00 p.m.
- **HIIT** with Anna • Rm 258
  - 7:00 - 8:00 a.m.
- **Yoga** with Kelsey G. • Rm 250
  - 6:30 - 7:30 a.m.
- **Cycle Craze** with Anna • Rm 15
  - 7:15 - 8:00 a.m.
- **Cycle To The Beat 45** with Angela • Rm 15
  - 7:00 - 7:45 a.m.
- **Cycle To The Beat 45** with Angela • Rm 15
  - 12:00 - 12:45 p.m.
- **Cycle Craze** with Anna • Rm 15
  - 5:00 - 6:00 p.m.
- **Metabolic Conditioning** with JoElla • Rm 258
  - 6:00 - 6:45 p.m.
- **Fundamentals of Weightlifting** with JoElla • Rm 258
  - 6:00 - 6:45 p.m.
- **Functional Fitness/ Crossfit** with JoElla • Rm 258
  - 6:45 - 7:45 p.m.
- **Mobility & Stretching** with JoElla • Rm 250
  - 7:45 - 8:30 p.m.
- **Body Blast** with Reno • Rm 258
  - 8:00 - 9:00 p.m.

### Tuesday
- **Get Fit With Zumba** with Aishwarya • Rm 258
  - 6:00 - 7:00 a.m.
- **HIIT Tabata Series** with Ronald • Rm 258
  - 7:00 - 8:00 a.m.
- **Cycle Craze** with Anna • Rm 15
  - 7:15 - 8:00 a.m.
- **Cycle To The Beat 45** with Angela • Rm 15
  - 7:00 - 8:00 a.m.
- **Cycle To The Beat 45** with Angela • Rm 15
  - 6:00 - 7:00 a.m.
- **Cycle To The Beat 45** with Angela • Rm 15
  - 7:00 - 7:45 a.m.
- **Cycle To The Beat 45** with Angela • Rm 15
  - 12:00 - 12:45 p.m.
- **Cycle Craze** with Anna • Rm 15
  - 5:00 - 6:00 p.m.
- **HIIT** with Anna • Rm 258
  - 7:00 - 8:00 a.m.
- **Yoga** with Kelsey G. • Rm 250
  - 5:30 - 6:30 p.m.
- **Boot Camp** with Anna • Rm 258
  - 7:00 - 8:00 p.m.
- **Cycle To The Beat 45** with Angela • Rm 15
  - 12:00 - 12:45 p.m.
- **Cycle To The Beat 45** with Angela • Rm 15
  - 11:00 a.m. - 12:00 p.m.
- **Boot Camp** with Anna • Rm 258
  - 6:00 - 7:00 p.m.
- **HIIT** with Anna • Rm 258
  - 7:00 - 8:00 p.m.
- **Power Yoga** with Andrea • Rm 250
  - 7:00 - 8:00 p.m.
- **Kickboxing** with Reno • Rm 250
  - 7:45 - 8:30 p.m.
- **Yoga** with Kelsey G. • Rm 250
  - 6:00 - 7:00 p.m.
- **Kickboxing** with Reno • Rm 250
  - 12:00 - 12:45 p.m.
- **Get Fit With Zumba** with Aishwarya • Rm 258
  - 6:00 - 7:00 a.m.

### Wednesday
- **Yoga** with Kelsey J. • Rm 250
  - 6:00 - 7:00 a.m.
- **HIIT Tabata Series** with Ronald • Rm 258
  - 7:00 - 8:00 a.m.
- **Cycle Craze** with Anna • Rm 15
  - 7:15 - 8:00 a.m.
- **Cycle To The Beat 45** with Angela • Rm 15
  - 7:00 - 8:00 a.m.
- **Cycle To The Beat 45** with Angela • Rm 15
  - 6:00 - 7:00 a.m.
- **Cycle To The Beat 45** with Angela • Rm 15
  - 7:00 - 7:45 a.m.
- **Cycle To The Beat 45** with Angela • Rm 15
  - 12:00 - 12:45 p.m.
- **Cycle Craze** with Anna • Rm 15
  - 5:00 - 6:00 p.m.
- **HIIT** with Anna • Rm 258
  - 8:00 - 9:00 a.m.
- **Cycle To The Beat 45** with Angela • Rm 15
  - 12:00 - 12:45 p.m.
- **Cycle To The Beat 45** with Angela • Rm 15
  - 5:00 - 6:00 p.m.
- **Cycle Craze** with Anna • Rm 15
  - 5:00 - 6:00 p.m.
- **Fundamentals of Weightlifting** with JoElla • Rm 258
  - 6:00 - 6:45 p.m.
- **Functional Fitness/ Crossfit** with JoElla • Rm 258
  - 6:45 - 7:45 p.m.
- **Mobility & Stretching** with JoElla • Rm 250
  - 7:45 - 8:30 p.m.
- **Body Blast** with Reno • Rm 258
  - 8:00 - 9:00 p.m.

### Thursday
- **Get Fit With Zumba** with Aishwarya • Rm 258
  - 6:00 - 7:00 a.m.
- **HIIT Tabata Series** with Ronald • Rm 258
  - 7:00 - 8:00 a.m.
- **Meditative Yoga** with Kelly • Rm 250
  - 8:00 - 9:00 a.m.
- **Candlelit Yoga** with Camila • Rm 250
  - 12:00 - 1:00 p.m.
- **Lunchtime Fit 45** with Kelly • Lobby Area
  - 12:00 - 12:45 p.m.
- **HIIT Tabata Series** with Ronald • Rm 258
  - 5:00 - 6:00 p.m.
- **Cycle Craze** with Anna • Rm 15
  - 5:00 - 6:00 p.m.
- **Boot Camp** with Anna • Rm 258
  - 6:00 - 7:00 p.m.
- **HIIT** with Anna • Rm 258
  - 7:00 - 8:00 p.m.
- **Power Yoga** with Andrea • Rm 250
  - 7:00 - 8:00 p.m.
- **Kickboxing** with Reno • Rm 250
  - 8:00 - 9:00 p.m.
- **Yoga** with Kelsey G. • Rm 250
  - 5:30 - 6:30 p.m.

### Friday
- **Afitt Boot Camp** with Angela • Rm 258
  - 6:00 - 7:00 a.m.
- **Sunrise Yoga Flow** with Kelsey J. • Rm 250
  - 6:30 - 7:30 a.m.
- **Cycle To The Beat 45** with Angela • Rm 15
  - 7:00 - 7:45 a.m.
- **Get Fit With Zumba** with Aishwarya • Rm 258
  - 12:00 - 12:45 p.m.
- **Kickboxing** with Reno • Rm 258
  - 12:45 - 1:30 p.m.

### Saturday
- **Get Fit With Zumba** with Aishwarya • Rm 250
  - 11:00 a.m. - 12:00 p.m.