

MONDAY 5/7

MIND AND BODY STUDIO

12:15 - 1:00	Integral Yoga	Michael	S4	FREE
6:00 - 7:15 PM	Vinyasa	Laurie	S4	FREE

GROUP FIT - Studio 1 and 2

12:00 - 12:30 PM	ABSolution	Ann	S2	FREE
12:15 - 1:00 PM	Step to the Beat	Kristin S	S1	FREE
5:15 - 6:15 PM	TNT Cardio-Kickboxing	Kristin S	S1	FREE
6:30 - 7:00 PM	BOSU Core	Kim B	S1	FREE
7:45 - 8:45 PM	Hip Hop	Amanda	S1	FREE

CYCLING STUDIO

12:00 - 1:00 PM	Ride 60	Grant	C	FREE
4:30 - 5:30 PM	Ride 60	Rachel H	C	FREE

TUESDAY 5/8

MIND AND BODY STUDIO

7:30 - 8:45 AM	Yoga Flow	Sam Ri	S4	FREE
11:30 - 12:15 PM	Beginning Yoga	Michael	S4	FREE
7:00 - 7:45 PM	Meditation	Shivaji	S4	FREE
8:00 - 9:15 PM	Hatha Yoga	Jill	S4	FREE

GROUP FIT - Studio 1 and 2

12:00 - 1:00 PM	Zumba	Audry	S1	FREE
5:00 - 6:00 PM	TNT Cardio Kickboxing	Dianne	S1	FREE
6:15 - 6:45 PM	Tabata Attack	Kristin S	S1	FREE
7:00 - 8:00 PM	Hip Hop	Jessica B	S1	FREE

CYCLING STUDIO

12:15 - 1:00 PM	Ride 45	Ashley	C	FREE
6:00 - 7:00 PM	Ride 60	Melissa S	C	FREE

Wednesday 5/9

MIND AND BODY STUDIO

8:00 - 9:15 AM	Power Yoga	Jaime P	S4	FREE
12:15 - 1:15 PM	Power Yoga	Sam Ri	S4	FREE
5:45 - 7:00 PM	Integral Yoga	Michael	S4	FREE

WEDNESDAY 5/9 CONT....

GROUP FIT - Studio 1 and 2

12:00 - 1:00 PM	Cardio Kickboxing	Patty	S1	FREE
4:00 - 5:00 PM	Boot Camp	Aaron	S1	FREE
5:00 - 6:00 PM	Barbell Body Blitz	Angela	S2	FREE
5:15 - 6:15 PM	Hip Hop	Amanda	S1	FREE
6:30 - 7:45 PM	Step 75	Kristin	S1	FREE
8:00 - 9:00 PM	Zumba	Noelle	S1	FREE

CYCLING STUDIO

12:15 - 1:00 PM	Ripped Rotation 30	Ashley	C	FREE
5:00 - 6:30 PM	Ripped Ride Extreme	Grant	C	FREE

Thursday 5/10

MIND AND BODY STUDIO

7:30 - 8:45 AM	Yoga Flow	Sam Ri	S4	FREE
5:00 - 6:15 PM	Vinyasa	Laurie	S4	FREE
6:30 - 7:30 PM	Beginner Yoga	Jamie P	S4	FREE
8:00 - 9:15 PM	Intermediate Hatha Yoga	Jill	S4	FREE

GROUP FIT - Studio 1 and 2

11:30 - 12:00 PM	ABSolution	Amanda	S1	FREE
12:15 - 1:00 PM	Cardio Kickboxing	Amanda	S1	FREE
3:15 - 3:45 PM	ABSolution	Roz	S1	FREE
4:00 - 5:00 PM	Zumba	Breonna	S1	FREE
5:15 - 6:15 PM	Chiseled	Alex S	S1	FREE

CYCLING STUDIO

12:00 - 1:00 PM	Ride 60	Ashley	C	FREE
5:30 - 6:30 PM	Ripped Rotation 45	Grant	C	FREE

FRIDAY 5/11

MIND AND BODY STUDIO

5:00 - 6:00 PM	Yoga Sculpt	Rachel H	S2	FREE
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GROUP FIT - Studio 1 and 2

12:00 - 1:00 PM	Boot Camp	Grant	S1	FREE
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CYCLING STUDIO

12:15 - 1:00 PM	Ripped Rotation 30	Ashley	C	FREE
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FINALS WEEK SCHEDULE: ALL CLASSES ARE FREE DURING FINALS WEEK

***Dates: May 7 - May 11, no classes May 12 and May 13**