

 **SUMMER 2015 GROUP FITNESS CLASS SCHEDULE** 

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15-7:00 AM	BOOTCAMP	HIIT	BOOTCAMP	HIIT	BOOTCAMP
7:00-7:45 AM	YOGA	CORE SCULPT	YOGA	CORE SCULPT	YOGA
12:00-12:45 PM	YOGA SCULPT	PILATES	YOGA	PILATES	YOGA
4:30-5:15 PM	CIRCUIT TRAINING	BOOTCAMP	CIRCUIT TRAINING	BOOTCAMP	HIIT
5:15-6:00 PM	HIIT	CORE SCULPT	HIIT	CORE SCULPT	BOOTCAMP
6:00-7:00 PM	ZUMBA JOYCE/TONYA	ZUMBA JOYCE/TONYA	BENINNER BOOTCAMP (45MIN)	ZUMBA JOYCE/TONYA	STRENGTH TRAINING (45 MIN)
7:00-7:45 PM	BOOTCAMP	HIIT	CORE SCULPT	CIRCUIT TRAINING	CORE SCULPT

**GROUP FITNESS CENTER SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE!**

**HOURS OF OPERATION: M-F 6AM-8PM, SAT 10AM-2PM CLOSED WHEN THE UNIVERSITY IS CLOSED FOR HOLIDAYS**