

FALL '23 GROUP FITNESS

Hosted in the Cage: Room 202

🏋️ MONDAY 🏋️

Glutes and Guts - 5 PM

Zumba - 7:30 PM

🦋 TUESDAY 🦋

Yoga - 11 AM

TRX - 5:30 PM

Indoor Cycling - 6:30 PM

Zumba - 7:30 PM

♥️ WEDNESDAY ♥️

Zumba - 12 PM, 7:30 PM

Yoga - 4:30 PM

TRX - 5:30 PM

🎵 THURSDAY 🎵

Yoga - 11 AM

Glutes & Guts (**Room 204**) - 12 PM

Indoor Cycling - 6:30 PM

Zumba - 7:30 PM

