

# GROUP FITNESS SCHEDULE-FALL 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	<b>Morning Classes</b>					
			<b>Cycling Express</b> Darby 6:45am-7:30am Room 1004			
12:00 PM	<b>Afternoon Classes</b>					
	<b>Yoga</b> Devashree 12:00pm-1:00pm Room 1009	<b>TRX</b> Decature 12pm-1pm Room 1009	<b>Total Body Fitness</b> Decature 12pm-1pm Room 1004	<b>Total Body Fitness</b> Decature 12pm-1pm Room 1004		
			<b>Yoga</b> Devashree 12pm-1pm Room 1009			
	<b>Evening Classes</b>					
5:15 PM	<b>HITT</b> Jon 5:15pm-6:15pm Room 1004	<b>Yoga</b> Ann 5:15pm-6:15pm Room 1009	<b>HITT</b> Jon 5:15pm-6:15pm Room 1004	<b>Yoga</b> Alicia 5:15pm-6:15pm Room 1004		
	<b>Cycling</b> Darby 5:30pm-6:30pm Room 1009			<b>Cardio Step</b> Devashree 5:15pm-6:15pm Room 1009		