

GROUP FITNESS SCHEDULE-SPRING 2025

JANUARY 6TH-MAY 16TH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Morning Classes

Questions? Contact CFHLfitness@unmc.edu

Cycling Express
Darby
6:45am-7:30am
Room 1009

Afternoon Classes

Hatha Yoga
Devashree
12:00pm-1:00pm
Room 1009

TRX
Decature
12pm-12:45pm
Room 1009

Total Body Fitness
Decature
12pm-12:45pm
Room 1004

Total Body Fitness
Decature
12pm-12:45pm
Room 1004

Power Pump
Kristal
12:00-12:45pm
Room 1004

Butts and Guts
Kristal
12:00-12:30pm
Room 1004

Hatha Yoga
Devashree
12pm-1pm
Room 1009

Evening Classes

HIIT
Jon
5:15pm-6:00pm
Room 1004

Yin Yoga
Annie
5:15pm-6:15pm
Room 1009

HIIT
Jon
5:15pm-6:00pm
Room 1004

Slow Flow Yoga
Annie
5:15pm-6:15pm
Room 1004

Cycling
Darby
5:30pm-6:30pm
Room 1009

Cardio Step
Devashree
5:15pm-6:15pm
Room 1009

