

FITNESS CLASSES

MONDAY

YOGA
6:30-7:30AM
SL 305
NATASHA

CARDIO FUSE
7:30-8:30AM
SL 312
BECCA

ZUMBA
8-9AM
QUINCEY
SL 311

PILATES
9-10AM
SL 305
LACEE

YOGA
10-11AM
SL 305
LACEE

HIGH FIT
10-11AM
SL 311
KARISSA

PILATES
11AM-12PM
SL 305
LACEE

YOGA
12-1PM
SL 305
KIM

YOGA
2-3PM
SL 305
LACEE

HIGH FIT
6-7PM
SL 305
MELISSA

YOGA
7:30-8:30PM
SL 305
JESSICA

TUESDAY

YOGA
9-10AM
SL 305
LACEE

PILATES
10-11AM
SL 305
LACEE

YOGA
11AM-12PM
SL 305
LACEE

PILATES
12-1PM
SL 305
LACEE

YOGA
1-2PM
SL 305
LACEE

YOGA
2-3PM
SL 305
LACEE



WEDNESDAY

YOGA
6:30-7:30AM
in SL 305
NATASHA

HIIT & STRENGTH
6:30-7:30AM
SL 311
NATALEE

PILATES
9-10AM
SL 305
LACEE

YOGA
10-11AM
SL 305
LACEE

PILATES
11AM-12PM
SL 305
LACEE

YOGA
12-1PM
SL 305
KIM

YOGA
2-3PM
SL 305
LACEE

HIGH FIT
5:30-6:30PM
SL 311
KARISSA

ZUMBA
6:30-7:30PM
SL 311
QUINCEY

YOGA
7:30-8:30PM
SL 305
JESSICA

THURSDAY

YOGA
9-10AM
SL 305
LACEE

PILATES
10-11AM
SL 305
LACEE

YOGA
11AM-12PM
SL 305
LACEE

PILATES
12-1PM
SL 305
LACEE

YOGA
1-2PM
SL 305
LACEE

YOGA
2-3PM
SL 305
LACEE

HIGH FIT
7:30-8:30PM
SL 311
CHELSEA



FRIDAY

YOGA
6:30-7:30AM
SL 305
NATASHA

HIGH FIT
7:30-8:30AM
SL 312
BECCA

ZUMBA
8-9AM
SL 311
QUINCEY

PILATES
9-10AM
SL 305
LACEE

YOGA
10-11AM
SL 305
LACEE

PILATES
11AM-12PM
SL 305
LACEE

YOGA
2-3PM
SL 305
LACEE

SATURDAY

HIGH FIT
9-10AM
SL 311
MELISSA

