

# Group Fitness Fall Semester

## October 13– December 2

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
	6:45 am-7:45 am Yoga Studio 11		6:45 am-7:45 am Power Interval Studio 11		
12:00-1:00pm Yoga Studio 11	11:30-12:15pm Cycling Studio 8		11:30-12:15pm Cycling Studio 8	12:00-1:00pm Cycling Studio 8	
2:00-3:00 pm Total Conditioning Studio 11	12:00-1:00pm Yoga Studio 11		12:00-1:00pm Yoga Studio 11	12:45-1:45pm Step Studio 11	
5:30-6:30 pm Step Studio 11	4:30-5:30 pm Pedal and Pump Studio 8 & 11	4:15-5:15 pm Power Interval Studio 11	4:15-5:15 pm Cardio Camp Studio 11	4:15-5:15 pm Pilates Studio 11	3:00-4:00pm 30/30 Cardio Studio 11
5:30-6:30pm Aqua Fit SAC Pool	5:30-6:30pm Aqua Fit SAC Pool	5:30-6:30pm Aqua Fit SAC Pool	5:30-6:30pm Cardio Craze Studio 11		4:15-5:15pm Pilates Studio 11
7:00-8:00pm Cardio Craze Studio 11	5:45-6:30pm Killer Core Studio 11	6:15-7:15 pm Kickboxing Studio 11	5:30-6:30pm Step Studio 7/9		
8:15-9:15pm Cardio Hip Hop Studio 11	8:00-9:00 pm Yoga Studio 11	7:30-8:30pm Cardio Hip Hop Studio 11	5:30-6:30 pm Aqua Fit SAC Pool		
		8:15-9:15 pm Yogalates Studio 7/9	7:45-8:45 pm Kickboxing Studio 11		

\*Visit our website for current schedules, class adjustments, and updates @ <http://recsports.utk.edu>