

Fall Break Group Fitness Schedule

October 14 - October 18

Wednesday October 14	Thursday October 15	Friday October 16	Sunday October 18
Step 1:30-2:30 pm Studio 11	Cycling 1:30-2:30 pm Studio 8	Total Conditioning 1:30-2:30 pm Studio 11	
Yoga 5:30-6:30 pm Studio 11	Core 3:00-3:45 pm Studio 11	Cardio Craze 3:00-4:00 pm Studio 11	Pedal & Pump 5:30-6:30 pm Studio 8 & 11