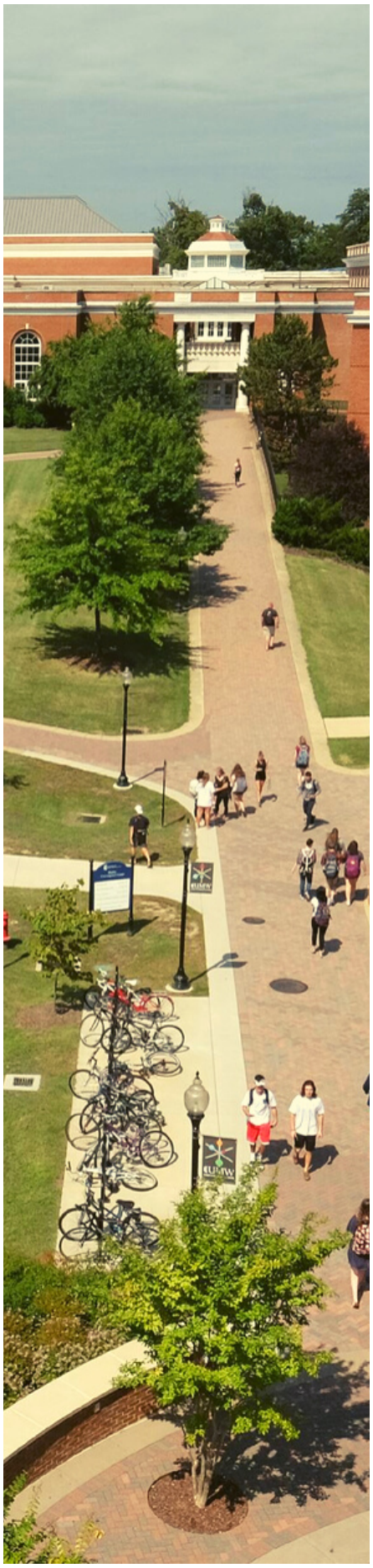
UMW FITNESS CLASSES



MONDAYS

4:00-4:30 PM	DANCE FITNESS	HANNAH	AUX GYM
5:00-5:45 PM	CYCLE	JORDAN	AUX GYM
6:00-6:45 PM	YOGA	LILY	AUX GYM
7:00-8:00 PM	SHINE DANCE FITNESS	TIFFANY	ZOOM

TUESDAYS

4:00-5:00 PM	RUN FOR THE FUN OF IT	BILL	OUTSIDE
4:00-4:45 PM	LIIT	TORI	ZOOM
5:00-5:45 PM	YOGA	LILY	ZOOM
6:00-6:45 PM	HIIT	BRENNA	AUX GYM

WEDNESDAYS

7:00-8:00 AM	TOTAL BODY BURN	BRITTENY	ZOOM
12:15-12:45 PM	MEDIATION CALL	BILL	ZOOM
4:00-4:45 PM	HIIT	TORI	AUX GYM
5:00-5:45 PM	YOGA	MAGGIE	ZOOM
6:00-6:30 PM	BEGINNERS CYCLE	MARIANA	AUX GYM

THURSDAYS

4:00-4:45 PM	CYCLE UP	MARIANA	AUX GYM
5:00-5:30 PM	HIIT	MADELINE	AUX GYM
6:00-6:45 PM	BEGINNER DANCE FITNESS	KATHERINE	AUX GYM

FRIDAYS

4:00-5:15 PM	RELAXATION YOGA	BILL	ZOOM

SATURDAYS

9:00-9:45 AM	CORE BARRE	CAROLYN	ZOOM