

SUMMER GROUP FITNESS SCHEDULE | May 15 – June 27, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Class: Time: Location: Instructor:	Cycle 7:00am Wilson Cycle Studio Matt	Cycle 6:00am Wilson Cycle Studio Lia	Cycle 7:00am Wilson Cycle Studio Matt	Cycle 6:00am Wilson Cycle Studio Lia			Rhythm HIIT 11:15am Wilson 125 Bridgette
Class: Time: Location: Instructor:		Muscle Pump 5:15pm FTS Emily				Pilates 11:00am Wilson 125 Anna	Stretch & Recovery 12:15-12:45 Wilson 125 Bridgette
Class: Time: Location: Instructor:	Yoga & Core 12:00pm Wilson 110 David	Cardio Kickboxing 5:15pm Wilson 125 Jesse	Vinyasa Yoga 12:00pm Wilson 110 Jesse				
Class: Time: Location: Instructor:	X-train 4:30pm FTS Natalie	Yoga & Core 5:15pm Wilson 110 David	Rhythm HIIT 5:15am Wilson 125 Bridgette	Muscle Pump 5:15pm Wilson 125 Emily	Cycle 5:30pm Wilson Cycle Studio Matt		Yoga & Core 3:30pm Wilson 110 David
Class: Time: Location: Instructor:	Latin Dance 5:15pm Wilson 125 Anna	Hip Hop 6:15pm Wilson 125 Casey	Cycle 5:30pm Wilson Cycle Studio Taylor	Cycle 5:30pm Wilson Cycle Studio Taylor			
Class: Time: Location: Instructor:	Cycle 5:30pm Wilson Cycle Studio Taylor	Cycle 6:30pm Wilson Cycle Studio Megan		Cycle 6:30pm Wilson Cycle Studio Megan			

ROOM KEY:

Wilson Multipurpose 110

Wilson Functional Training Space (FTS)

Wilson 125

Brodie Multipurpose

Wilson Cycle Studio