

System Message

**FINALS WEEK  
GROUP FITNESS SCHEDULE**

CANCEL

OPEN

FinalsWeek\_Group\_Fitness\_Schedule

**Adjusted Group Fitness Schedule  
from May 6<sup>th</sup> – May 8<sup>th</sup>**

Fitness classes will be unavailable the remainder of the week and will resume on May 28<sup>th</sup>

**Monday**

- Rise and Ride** 6:30 - 7:15 a.m. - Room 203
- Sing Along Cycle** 5:00 - 5:45 p.m. - Room 203
- Kickboxing** 6:00 - 6:45 p.m. - Room 201
- Cozy Yoga** 7:00 - 7:45 p.m. - Room 127
- Zumba Instructor Mash Up** 8:00 - 8:45 p.m. - Room 201

**Tuesday**

- Sunrise Sound Bath Yoga** 7:00 - 7:45 a.m. - Room 201
- Barre to the Beat** 5:00 - 5:45 p.m. - Room 202
- Total Body Strength** 6:00 - 6:45 p.m. - Room 201
- Sing Along Cycle** 7:00 - 7:45 p.m. - Room 203
- Cozy Yoga** 8:00 - 8:45 p.m. - Room 127

**Wednesday**

- Rise and Ride** 6:30 - 7:15 a.m. - Room 203
- Kickboxing** 5:00 - 5:45 p.m. - Room 201
- Cozy Yoga** 6:00 - 6:45 p.m. - Room 127
- Sing Along Cycle** 7:00 - 7:45 p.m. - Room 203
- Zumba Instructor Mash Up** 8:00 - 8:45 p.m. - Room 201
- Paddleboard Yoga** 8:00 - 8:45 p.m. - Pool