GROUP FITNESS SCHEDULE
BEGINs SEPT. 10

MONDAY
6AM Cycle | Studio C
7AM Vinyasa Yoga | Studio A+B (75min)
9:30AM Yogalates | Studio A+B
11AM Power Yoga | Studio A+B
12PM Cycle | Studio C
12:15PM Bench Blast | Studio A+B
5:15PM HIIT | Studio A+B
6PM Cycle | Studio C
6:30PM Zumba | Studio A+B

TUESDAY
6AM Power Hour | Studio A+B
9AM Cycle | Studio C
10AM Mat Pilates | Studio A+B
11AM Barre Sculpt | Studio A+B
12PM Hatha Yoga | Studio A+B
4:45PM Ab Blast | Studio A+B (30min)
5:15PM Power Hour | Studio A+B
6:30PM Yoga Sculpt | Studio A+B

WEDNESDAY
7AM Int. Vinyasa Yoga | Studio A+B
9:30AM Yogalates | Studio A+B
10:45AM Mat Pilates | Studio A+B
12PM Power Hour | Studio A+B
12PM Cycle | Studio C
4PM Barre Boot Camp | Studio A+B
5:15PM Vinyasa Yoga | Studio A+B
6PM Cycle | Studio C
6:30PM HIIT | Studio A+B

THURSDAY
7AM HIIT | Studio A+B
9AM Cycle | Studio C
12PM Vinyasa Yoga | Studio A+B
5:15PM Yoga Sculpt | Studio A+B
6PM Cycle + Strength | Studio C
6:30PM Oula | Studio A+B

FRIDAY
6AM Cycle | Studio C
9:45AM Vinyasa Yoga | Studio A+B
12PM Cycle | Studio C
12:15PM Bench Blast | Studio A+B

SUNDAY
4PM Oula | Studio A+B
5:15PM Vinyasa Yoga | Studio A+B

View fitness class descriptions and the most up to date schedule changes at: du.edu/fitness. All classes are 60min unless otherwise indicated.