# Group Fitness Schedule

**January 2 - March 31**

## Monday
- **6AM Cycle** | Studio C
- **7AM Power Yoga** | Studio A+B (75min)
- **9:30AM Yogalates** | Studio A+B
- **11AM Power Yoga** | Studio A+B
- **12PM Cycle** | Studio C
- **12:15PM Step & Sculpt** | Studio A+B
- **5:15PM HIIT** | Studio A+B
- **6PM Cycle** | Studio C
- **6:30PM Hip Hop** | Studio A+B

## Tuesday
- **6AM Power Hour** | Studio A+B
- **9AM Cycle** | Studio C
- **11AM P90X** | Studio A+B
- **12PM Hatha Yoga** | Studio A+B
- **4:45PM Ab Blast** | Studio A+B (50min)
- **5:15PM Power Hour** | Studio A+B
- **6:30PM Yoga Sculpt** | Studio A+B

## Wednesday
- **6AM Cycle** | Studio C
- **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
- **5:30PM Zumba** | Studio A+B
- **6PM Cycle** | Studio C
- **6:30PM HIIT** | Studio A+B

## Thursday
- **6AM Power Hour** | Studio A+B
- **9AM Cycle** | Studio C
- **12PM Vinyasa Yoga** | Studio A+B
- **4:45PM Ab Blast** | Studio A+B (50min)
- **5:15PM Yoga Sculpt** | Studio A+B
- **5:30PM Cycle** | Studio C
- **6:30PM Oula** | Studio A+B

## Friday
- **9:45AM Vinyasa Yoga** | Studio A+B
- **11AM P90X** | Studio A+B
- **12PM Cycle** | Studio C
- **12:15PM Step & Sculpt** | Studio A+B

## Saturday
- **8AM Power Hour** | Studio A+B
- **9AM Cycle** | Studio C
- **9AM Turbo Kick** | Studio A+B
- **10:15AM Vinyasa Yoga** | Studio A+B
- **11:30AM Zumba** | Studio A+B

## Sunday
- **3PM Power Hour** | Studio A+B
- **4PM Oula** | Studio A+B
- **5:15PM Vinyasa Yoga** | Studio A+B

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**Note:** Cycle classes now require a reservation. Reserve your bike and view class descriptions at: [du.edu/fitness](http://du.edu/fitness). All classes are 60min unless otherwise indicated.