# Spring Quarter: Begins April 1, 2019

## Monday
- **6AM** Cycle (Endurance) | Studio C
- **7AM** Power Yoga | Studio A+B
- **9:30AM** Sweat & Sculpt | Studio A+B
- **10:45AM** Power Yoga | Studio A+B
- **12PM** Cycle (Endurance) | Studio C
- **12:15PM** Booty Burn | Studio A+B
- **5:15PM** HIIT | Studio A+B
- **6PM** Cycle (Rhythm) | Studio C
- **6:30PM** Hip Hop | Studio A+B

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

## Wednesday
- **7AM** Int. Vinyasa Yoga | Studio A+B
- **9:30AM** Barre Above | Studio A+B
- **10:45AM** Mat Pilates | Studio A+B
- **12PM** Power Hour | Studio A+B
- **12PM** Cycle (Rhythm) | Studio C
- **5:30PM** Zumba | Studio A+B
- **6PM** Cycle (Rhythm) | Studio C
- **6:30PM** HIIT | Studio A+B

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

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

## Saturday
- **8AM** Power Hour | Studio A+B
- **9AM** Cycle (Rhythm) | 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** Dance Dance Dance! | Studio A+B
- **4PM** Cycle (Rhythm) | Studio C
- **5:15PM** Vinyasa Yoga | Studio A+B

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**Note:** Cycle classes now require a reservation.

Reserve your bike & view class descriptions at: [du.edu/fitness](http://du.edu/fitness).

*All class are 60min unless otherwise indicated.*