



GROUP EXERCISE FALL 2018 FINALS WEEK SCHEDULE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

7:00am - 7:45am: HIIT
 7:00am - 8:00am: Yoga Fitness
 7:30am - 8:15am: Express Sculpt
 8:30am - 9:30am: Power Yoga
 9:30am - 10:30am: Barre
 12:15pm - 1:00am: HIIT
 1:30pm - 2:15pm: Express Step
 2:00pm - 2:50pm: Pilates
 3:30pm - 4:15pm: TRX Strength
 3:30pm - 4:30pm: Power Yoga
 4:15pm - 5:15pm: Boxing Fitness
 5:00pm - 5:30pm: Core Training
 5:00pm - 6:00pm: Power Yoga 2
 5:45pm - 6:30pm: Express Cycle
 6:15pm - 7:15pm: Barre
 6:45pm - 7:45pm: Cardio Dance Party
 7:45pm - 8:45pm: Pilates

8:00am - 8:45am: HIIT
 8:30am - 9:30am: Power Yoga
 12:30pm - 1:30pm: Pilates
 1:15pm - 2:00pm: HIIT
 2:30pm - 3:30pm: Yoga Fitness
 3:15pm - 4:15pm: Vinyasa Flow
 4:15pm - 5:00pm: HIIT
 4:15pm - 5:15pm: Cycle Fitness
 4:45pm - 5:45pm: Power Yoga
 5:15pm - 6:15pm: Barre
 6:30pm - 7:15pm: TRX Strength
 6:30pm - 7:30pm: Cycle Circuit
 7:00pm - 8:00pm: Restorative Yoga & Meditation
 7:15pm - 8:15pm: Step
 7:45pm - 8:45pm: Boxing Fitness

7:00am - 7:45am: Express Cycle
 7:30am - 8:30am: Yoga Fitness
 12:00pm - 12:45pm: Express Cycle
 2:30pm - 3:15pm: HIIT
 4:30pm - 5:30pm: Pilates
 5:00pm - 5:45pm: HIIT
 5:00pm - 6:00pm: Barre
 6:00pm - 7:00pm: Boxing Fitness
 6:15pm - 7:00pm: Express Cycle
 6:15pm - 7:15pm: Yoga Fitness
 6:30pm - 7:30pm: Cardio Dance Party
 7:15pm - 8:15pm: Boxing Fitness
 7:30pm - 8:30pm: Restorative Yoga & Meditation

7:00am - 7:50am: Yoga Fitness
 8:00am - 9:00am: Pilates
 12:00pm - 12:50pm: Power Yoga
 1:15pm - 2:00pm: TRX Strength
 3:00pm - 4:00pm: Power Yoga 2
 5:15pm - 6:00pm: HIIT
 5:30pm - 6:30pm: Restorative Yoga & Meditation



REGISTRATION OPENS 48 HOURS IN ADVANCE

SIGN UP AT URECREGISTER.JMU.EDU

