

GROUP EXERCISE FALL 2018 SCHEDULE

MONDAY

6:30am - 7:15am
BOSU Strength

7:00am - 7:45am
HIIT

7:00am - 8:00am
Yoga Fitness

7:30am - 8:15am
Express Sculpt

7:45am - 8:45am
Cycle Fitness

8:30am - 9:30am
Power Yoga

9:30am - 10:30am
Barre

12:00pm - 12:30pm
Core Training

12:15pm - 1:00pm
HIIT

1:30pm - 2:15pm
Express Step

2:00pm - 2:50pm
Pilates

3:30pm - 4:15pm
TRX
Express Sculpt

3:30pm - 4:30pm
Power Yoga

4:15pm - 5:15pm
Boxing Fitness

4:45pm - 5:45pm
Step and Sculpt

5:00pm - 5:30pm
Core Training

5:00pm - 5:45pm
SUP Fitness

5:00pm - 6:00pm
Power Yoga 2

5:30pm - 6:30pm
Cardio Kickboxing

5:45pm - 6:30pm
Express Cycle

6:15pm - 7:15pm
Barre,
Yoga Fitness

6:45pm - 7:30pm
Express Sculpt

6:45pm - 7:45pm
Cardio Dance Party

7:45pm - 8:45pm
Pilates

TUESDAY

6:30am - 7:15am
Express Cycle

7:00am - 7:45am
TRX

7:30am - 8:15am
Barre

8:00am - 8:45pm
HIIT

8:30am - 9:30am
Power Yoga

12:45pm - 1:15pm
Power Yoga

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

6:00pm - 7:00pm
Dance and Sculpt

6:30pm - 7:15pm
TRX

6:30pm - 7:30pm
Cycle Circuit

7:00pm - 8:00pm
Restorative Yoga
and Meditation

7:15pm - 8:15pm
Step

7:45pm - 8:45pm
Boxing Fitness

WEDNESDAY

6:30am - 7:15am
HIIT

7:00am - 7:45am
Express Cycle

7:30am - 8:15am
BOSU Strength

7:30am - 8:30am
Power Yoga 2

8:30am - 9:30am
Body Sculpt

12:00pm - 12:45pm
Express Cycle

12:45pm - 1:45pm
Barre

2:30pm - 3:15pm
HIIT

3:00pm - 4:00pm
Vinyasa Flow

3:15pm - 4:15pm
Cycle Core

3:30pm - 4:00pm
Core Training

4:15pm - 5:00pm
Express Step

4:30pm - 5:15pm
TRX

4:30pm - 5:30pm
Pilates

5:00pm - 5:45pm
HIIT

5:00pm - 6:00pm
Barre

6:00pm - 7:00pm
Kickboxing

6:15pm - 7:00pm
Express Cycle

6:15pm - 7:15pm
Yoga Fitness

6:30pm - 7:30pm
Cardio Dance Party

7:15pm - 8:15pm
20/20/20

7:30pm - 8:15pm
SUP Yoga

7:30pm - 8:30pm
Restorative Yoga
and Meditation

THURSDAY

6:30am - 7:15am
TRX

7:00am - 7:50am
Yoga Fitness

7:30am - 8:15am
HIIT

8:00am - 8:30am
Core Training

8:00am - 9:00am
Pilates

12:15pm - 1:00pm
Express Cycle

1:00pm - 2:00pm
Power Yoga

1:15pm - 2:00pm
TRX

3:00pm - 4:00pm
Power Yoga 2

3:30pm - 4:30pm
Boxing Fitness

3:45pm - 4:45pm
Step and Sculpt

4:30pm - 5:30pm
Cycle Core

5:00pm - 5:45pm
BOSU Strength

5:15pm - 6:00pm
HIIT

5:30pm - 6:30pm
Restorative Yoga
and Meditation

6:15pm - 7:00pm
SUP Yoga

6:30pm - 7:30pm
Cycle Core,
Latin Dance Party

7:30pm - 8:15pm
Express Sculpt

7:45pm - 8:30pm
Express Step

FRIDAY

8:00am - 8:45am
HIIT

10:30am - 11:30am
Yoga Fitness

11:00am - 11:45am
TRX

11:30am - 12:15pm
Express Sculpt

12:30pm - 1:30pm
Cycle Circuit

3:30pm - 4:30pm
Boxing Fitness

4:15pm - 5:15pm
Choreo Dance

5:30pm - 6:30pm
Cycle Happy Hour,
Mind Body Happy Hour,
GX Happy Hour

SATURDAY

11:00am - 12:00pm
Yoga Fitness

12:15pm - 1:15pm
Body Sculpt

4:00pm - 4:45pm
Express Step

4:45pm - 5:30pm
HIIT

SUNDAY

12:00pm - 12:45pm
Express Cycle

12:30pm - 1:15pm
BOSU Strength

1:30pm - 2:30pm
Vinyasa Flow

3:00pm - 3:30pm
Core Training

3:45pm - 4:30pm
TRX

4:15pm - 5:00pm
HIIT

5:30pm - 6:30pm
Yoga Fitness

6:30pm - 7:15pm
Express Sculpt

6:30pm - 7:30pm
Cycle Fitness

6:45pm - 7:45pm
Cardio Dance Party

7:30pm - 8:30pm
Power Yoga

SIGN UP AT URECREGISTER.JMU.EDU

REGISTRATION OPENS
48 HOURS IN ADVANCE

