

Group Fitness Schedule

Spring 2024

Jan 8 - April 27

(Classes will not be offered Jan 15, March 25-31)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
morning			Mindful Morning Yoga Madison 11:30a-12:15p Blue Studio			Cycle 45 Camille 9:15a-10:00a Blue Studio
		Yogalates Camille 12:00p-12:45p Blue Studio			Cycle 45 Camille 12:00p-12:45p Blue Studio	Bootcamp Levi 9:30a-10:15a Pedagogy Gym
					Core 15 Camille 1:00p-1:15p Blue Studio	
3:00p		Cycle HIIT Jennifer 3:00p-4:00p Blue Studio		Cycle HIIT Jennifer 3:00p-4:00p Blue Studio		
5:00p	Bootcamp Amy 5:15p-6:00p Pedagogy Gym	Bootcamp Reuben 5:15p-6:00p Pedagogy Gym	Bootcamp Amy 5:15p-6:00p Pedagogy Gym	Bootcamp Reuben 5:15p-6:00p Pedagogy Gym	Bootcamp Levi 5:15p-6:00p Pedagogy Gym	
	Cycle 45 Anna 5:30p-6:15p Blue Studio	Dogs Out Yoga Francis 5:45p-6:30p Blue Studio	Cycle 45 Anna 5:30p-6:15p Blue Studio			
6:00p	Slow Flow Yoga Trevin 6:30p-7:15p Blue Studio	Strong Argos Levi 6:45p-7:30p Blue Studio	Slow Flow Yoga Trevin 6:30p-7:15p Blue Studio	Strong Argos Levi 6:45p-7:30p Blue Studio		
	Hip Hop Dance Tucker 7:30p-8:00p Blue Studio		Hip Hop Dance Tucker 7:30p-8:00p Blue Studio			

Registration for a class is required. Download the IMLeagues app or visit our website for instructions.

2 participants required for a class. Please arrive 10-15 minutes prior to class start time.

For questions, contact Amy Huang, ah312@students.uwf.edu

Use the QR code to get instructions on setting up your IMLeagues account

