

GROUP FITNESS SCHEDULE

SPRING SEMESTER 2024



M Monday	6:30am	12:00pm	5:00pm	7:00pm	8:00pm	9:00pm
	SWEAT CYCLE	POWER HOUR	HIIT CYCLE	BARRE FUSION	HIP HOP DANCE	HIP HOP DANCE
	Daria	Lyndsey	Makenzie	Brielle	Shelby	Shelby

T Tuesday	6:30am	12:00pm	4:00pm	5:00pm	7:00pm
	FULL BODY SPIN	SWEAT CYCLE	HIIT CYCLE	CYCLE & STRENGTH	RESTORATIVE YOGA
	Charis	Victoria	Makenzie	Mary	Lauren M.

W Wednesday	6:30am	12:00pm	4:00pm	5:00pm	7:00pm	8:00pm	9:00pm
	VINYASA FLOW	HIIT CYCLE	POWER HOUR	HIIT CYCLE	POWER HOUR	BARRE FUSION	HIP HOP DANCE
	Jetta	Gabby	Lyndsey	Makenzie	Wrynn	Brielle	Shelby

T Thursday	6:30am	12:00pm	4:00pm	5:00pm	7:00pm	8:00pm
	SWEAT CYCLE	SWEAT CYCLE	BARRE FUSION	CYCLE & STRENGTH	POWER HOUR	CYCLE
	Daria	Victoria	Brielle	Mary	Lauren S.	Gracie

F Friday	6:30am	12:00pm	3:15pm	4:15pm	4:45pm
	SWEAT CYCLE	POWER HOUR	FULL BODY SPIN	FULL BODY SPIN	SAMPORNA YOGA
	Breanna	Lyndsey	Ava	Ava	Abby (TALL HALL)

S Saturday	9:30am	10:45am
	SAMPORNA YOGA	CYCLE
	Abby	Gracie

S Sunday	4:00pm	6:30pm
	CYCLE	SWEAT CYCLE
	Gracie	Breanna
7:45pm	8:00pm	
SWEAT CYCLE	SAMPORNA YOGA	
Breanna	Abby (TALL HALL)	

RESERVATIONS CAN BE MADE UP TO 72 HOURS IN ADVANCE. YOUR SPOT MAY BE GIVEN TO A WAITLISTED PATRON IF YOU HAVE NOT CHECKED IN BY THE START OF CLASS.

SAVE YOUR SPOT. SCAN THIS.



PLEASE NOTE: Failure to arrive on time or cancel in advance may result in the suspension of registration privileges.



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