

FALL 2016

EXAM WEEK GROUP FITNESS

FREE CLASSES

Sunday
DECEMBER 11

TIME	CLASS	INSTRUCTOR	STUDIO
5:30pm - 6:20pm	Zumba®	Megan	B
6:30pm-7:20pm	Tabata	Marie	A
7:30pm-8:20pm	Barre	Madelyn	B
11:55pm-12:45am	Black Light Spinning®	Tyler	A

Monday
DECEMBER 12

12:30pm-1:20pm	Zumba®	Megan	B
3:30pm-4:20pm	Tabata	Marie	A
4:30pm-5:20pm	P90X® LIVE	Mary Beth	A
5:30pm-6:20pm	Spinning®	Kayla	A
6:30pm-7:20pm	Dance Chisel	Victoria	B
7:30pm-8:20pm	Piloxing	Danielle	B
11:55pm-12:45am	Glow Yoga	Nina	A

Tuesday
DECEMBER 13

12:30pm-1:20pm	Yoga Sculpt	Nina	A
3:30pm-4:20pm	Barre	Madelyn	B
4:30pm-5:20pm	Power Bar	Emily	A
5:30pm-6:20pm	Tabata	Marie	A
6:30pm-7:20pm	Deep Stretch Yoga	Kate	B
7:30pm-8:20pm	Spinning® & Strength	Tyler	A
11:55pm-12:45am	Neon/80s Zumba®	Rachel & Megan	A

Wednesday
DECEMBER 14

12:30pm-1:20pm	Yoga Elements	Nina	B
3:30pm-4:20pm	Total Body Conditioning	Jaclyn	B
4:30pm-5:20pm	P90X® LIVE	Mary Beth	A
5:30pm-6:20pm	Barre	Ellen	A
6:30pm-7:20pm	Zumba®	Megan	B
7:30pm-8:20pm	Deep Stretch Yoga	Kate	B
11:55pm-12:45am	Black Light Spinning®	Marie	A

Thursday
DECEMBER 15

12:30pm-1:20pm	Yoga Spin	Marie & Kate	A
3:30pm-4:20pm	Piloxing	Danielle	B
4:30pm-5:20pm	PIYO® LIVE	Mary Beth	A
5:30pm-6:20pm	Spinning®	Kayla	A
6:30pm-7:20pm	Power Bar	Rachel	A

Questions? Send us an email at udgroupfitness@gmail.com

*Red text indicates black light class