

UNIVERSITY OF DAYTON CAMPUS RECREATION

# FREE EXAM WEEK GROUP FITNESS

DECEMBER  
8-13

STUDIO A	STUDIO C
STUDIO B	GLOW CLASS

**SATURDAY, DECEMBER 8**

**POWER YOGA**  
4:00pm – 4:50pm  
SARAH

**PILATES**  
5:00pm – 5:50pm  
DANA

**CHRISTMAS CORE GALORE**  
6:00pm – 6:50pm  
GINA

**BODY BLAST**  
7:00pm – 7:50 pm  
GINA

**VINYASA FLOW**  
12:00am – 12:50am  
DANIELLE & CATHERINE

**SUNDAY, DECEMBER 9**

**CHRISTMAS CORE GALORE**  
4:00pm – 4:50pm  
GINA

**BODY BLAST**  
5:00pm – 5:50pm  
GINA

**POWER YOGA**  
6:00pm – 6:50pm  
SARAH

**BODY BLAST**  
7:00pm – 7:50pm  
JACLYN

**TRIBAL PILATES**  
12:00am – 12:50am  
ELLEN & SOPHIA

**MONDAY, DECEMBER 10**

**BODY BLAST**  
8:00am – 8:50am  
JACLYN

**TRIBAL PILATES**  
9:00am – 9:50am  
SOPHIA

**BODY BLAST**  
12:30pm – 1:20pm  
GINA

**PILOXING**  
4:00pm – 4:50pm  
DANA

**SPINNING@**  
5:00pm – 5:50pm  
KAYLA

**BARRE BOOTCAMP**  
5:00pm – 5:50pm  
HANNAH

**TRX**  
5:00pm – 5:50pm  
MEGAN

**HIP HOP**  
6:00pm – 6:50pm  
MEGAN

**BODY BLAST**  
6:00pm – 6:50pm  
MEGAN TH.

**VINYASA YOGA**  
7:00pm – 7:50pm  
CATHERINE

**SPINNING@ & STRENGTH**  
12:00am – 12:50am  
TESSA

**TUESDAY, DECEMBER 11**

**CHRISTMAS CORE GALORE**  
7:00am – 7:50am  
GINA

**BARRE BOOTCAMP**  
8:00am – 8:50am  
HANNAH

**MEDITATIVE YOGA**  
9:00am – 9:50am  
NINA

**CHRISTMAS CORE GALORE**  
12:30pm – 1:20pm  
MEGAN

**BODY BLAST**  
4:00pm – 4:50pm  
JEN

**BODY BLAST**  
5:00pm – 5:50pm  
JACLYN

**CHRISTMAS CORE GALORE**  
5:00pm – 5:50pm  
SARAH

**SPINNING@ & STRENGTH**  
6:00pm – 6:50pm  
TESSA

**TRIBAL PILATES**  
6:00pm – 6:50pm  
SOPHIA

**VINYASA YOGA**  
7:00pm – 7:50pm  
CATHERINE

**HIP HOP**  
12:00am – 12:50am  
MEGAN

**WEDNESDAY, DECEMBER 12**

**CHRISTMAS CORE GALORE**  
7:00am – 7:50am  
GINA

**BODY BLAST**  
8:00am – 8:50am  
GINA

**SPINNING@**  
9:00am – 9:50am  
TESSA

**BARRE BOOTCAMP**  
12:30pm – 1:20pm  
ELLEN

**CANDY CANE CARDIO**  
4:00pm – 4:50pm  
CHRISTY

**BODY BLAST**  
5:00pm – 5:50pm  
MEGAN TH.

**PILOXING**  
5:00pm – 5:50pm  
ELLEN

**TRX**  
5:00pm – 5:50pm  
CHRISTY

**SPINNING@**  
6:00pm – 6:50pm  
KAYLA

**TRIBAL PILATES**  
6:00pm – 6:50pm  
SOPHIA

**VINYASA YOGA**  
7:00pm – 7:50pm  
CATHERINE

**BODY BLAST**  
12:00am – 12:50am  
JACLYN & EMILY

**THURSDAY, DECEMBER 13**

**BODY BLAST**  
7:00am – 7:50am  
JACLYN

**BARRE**  
8:00am – 8:50am  
LIZZIE

**TRIBAL PILATES**  
9:00am – 9:50 am  
SOPHIA

**SPINNING@**  
12:30pm – 1:20pm  
KAYLA

**SPINNING@ & STRENGTH**  
4:00pm – 4:50pm  
MEGAN TH.

**BODY BLAST**  
5:00pm – 5:50pm  
EMILY

