



Recreational Services

SPRING 2021 GROUP FITNESS SCHEDULE

January 19th - April 26th

Monday

Basic Yoga
5:30-6:15pm
Room 206
Maria

Spin
6:00-6:45pm
Room 122
Jen

Cardio Hip Hop
7:30-8:15pm
Room 122
Steffan

Tuesday

HIIT
5:30-6:15pm
Room 206
Nikki

Gentle Flow Yoga
7:00-8:00pm
ONLINE
Isabella

Cardio Hip Hop
8:00-8:45pm
Room 206
Kim

Wednesday

Chakra Vinyasa Yoga
1:00-2:00pm
ONLINE
Stephanie

Gentle Flow Yoga
5:30-6:30pm
ONLINE
Isabella

Spin
6:00-6:45pm
Room 122
Jen

Cardio Hip Hop
7:00-7:45pm
Room 206
Steffan

Thursday

Gentle Flow Yoga
7:00-8:00pm
ONLINE
Isabella

Cardio Hip Hop
8:00-8:45pm
Room 122
Kim

**Friday
Saturday
Sunday**

NO CLASSES

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**Schedule is subject to change:
see WU Rec Services app for updates**