

GROUP FITNESS CLASS SCHEDULE

~ University of Wisconsin ~ Stevens Point ~
Block 1

Monday, January 23rd – Friday, March 16th

SUN	MON	TUE	WED	THUR	FRIDAY
					11am-12pm Calorie Blaster Tammy Studio B
			4:15-4:45 Abs Megan Studio B	4:30-5:30 Cycling Danae	
4:30-5:30 Cycling Kiley		4:30-5:30 Butts 'N Guts Megan		5:00-5:30 Abs Sam Studio B	
		4:45-5:45 Calorie Blaster Tammy Studio B	4:45-5:45 Kickboxing Shelbey	5:45-6:45 Power Yoga Matt Studio B	
5:45-6:45 Zumba Isabel	5:30-6:30 Cycling Danae	5:45-6:45 Hip Hop Lindsay	5:00-6:00 T ² Megan Studio B	5:45-6:45 Boxercise Krishun	
	6:00-7:00 Bounce Krishun Studio B	6:00-7:00 dubSTEP 360 Matt Studio B	6:00-7:00 Zumba Sara	7:00-8:00 Zumba Sam	5 – 10pm *FREE* Friday Nights at the Cardio Center. <u>Photo ID REQUIRED</u> <u>ELIGIBLE MEMBERS ONLY</u>
	7:00-8:00 Zumba Sam	7:00-8:00 Zumba Isabel	6:15-7:15 Calorie Blaster Kiley Studio B	8 – 11pm *FREE* Thursday Nights at the Cardio Center!! <u>Photo ID REQUIRED</u> <u>ELIGIBLE MEMBERS ONLY</u>	
	7:15-8:15 Power Yoga Sara Studio B	7:15-8:15 Boot Camp Kayla Studio B	7:30-8:30 Butts 'N Guts Kayla		
			7:30-8:30 Stretch & Tone Lindsay Studio B		

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