

Intramurals and Recreation

Fitness Classes - Fall 2019

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>HIIT 2 Hot 7:30-8:30am GTC Group Fitness Center</p>	<p>HIIT 2 Hot 7:30-8:30am GTC Group Fitness Center</p>
<p>Night Light Yoga 7:30-8:30 p.m. Linehan Chapel</p>	<p>FIT1 12 p.m. -1 p.m. GTC Track</p>	<p>Night Light Yoga 7:30-8:30 p.m. Linehan Chapel</p>	<p>FIT1 12 p.m. -1 p.m. GTC Track</p>	
<p>Night Light Yoga 8:45-9:45 p.m. Linehan Chapel</p>	<p>Midday Restorative Yoga 12:10-1:10 p.m. Shults Group Fitness Room</p>		<p>Midday Flow Yoga 12:10-1:10 p.m. Linehan Chapel</p>	
	<p>Self Defense 3:30-4:30 p.m. GTC Group Fitness Center</p>		<p>Self Defense 3:30-4:30 p.m. GTC Group Fitness Center</p>	

	Zumba 6-7 p.m. Shults Group Fitness Room		Zumba 6-7 p.m. Shults Group Fitness Room	
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