

GROUP FITNESS LDOC/FINALS SCHEDULE

DEC 6th - DEC 15th

FETZER CYCLE STUDIO • SRC STUDIO A • SRC STUDIO B • RAMS

WEDNESDAY (12/6)	THURSDAY (12/7)	FRIDAY (12/8)	SUNDAY (12/10)	MONDAY (12/11)	TUESDAY (12/12)	WEDNESDAY (12/13)	THURSDAY (12/14)	FRIDAY (12/15)
PILATES (45) 12:15 PM SRC B Lauren	CYCLE (45) 12:15 PM Fetzer Hannah N.	JINGLE BELL JOG No Class	CYCLE 4:00 PM Fetzer Skye	STEP (45) 12:15 PM SRC B Wil	MUSCLE CUT (45) 12:15 PM SRC B Kyle	PILATES (45) 12:15 PM SRC B Lauren	CYCLE (45) 12:15 PM Fetzer Hannah N.	CYCLE (45) 12:15 PM Fetzer Andrea O.
CYCLE (45) 12:15 PM Fetzer Catherine B.	UPPER BODY SCULPT (45) 4:15 PM SRC B Marissa		MUSCLE CUT 4:00 PM SRC B Sarah R.	CYCLE(45) 12:15 PM Fetzer Andrea O	CYCLE (45) 12:15 PM Fetzer Hannah N.	CYCLE (45) 12:15 PM Fetzer Catherine B.	UPPER BODY SCULPT (45) 4:15 PM SRC B Marissa	YOGA 4:00 PM Rams Victoria
CYCLE 4:45 PM Fetzer Skye	READING DAY DESTRESS YOGA 4:00 PM Rams Scott		YOGA 6:30 PM SRC B Victoria	CYCLE 4:30 PM Fetzer Catherine B.	LOWER BODY SCULPT (45) 4:15 PM SRC B Marissa	CYCLE 4:45 PM Fetzer Skye	YOGA 4:00 PM Rams Scott	
YOGA 4:00 PM Rams Erin	ZUMBA 5:15 PM SRC A Marie	YOGA 4:00 PM Rams Victoria		YOGA 4:00 PM Rams Elizabeth	KICKBOXING (45) 4:15 PM SRC A Julee	YOGA 4:00 PM Rams Erin	ZUMBA 5:15 PM SRC A Marie	
ZUMBA 4:00 PM SRC A Olivia P.	MUSCLE CUT BARBELLS 5:15 PM SRC B Maria P.			ZUMBA 4:00 PM SRC A Anna	MINDFUL YOGA 5:15 PM Rams Joanne	ZUMBA 4:00 PM SRC A Olivia P.	KICK N SCULPT 6:30 PM SRC A Karolyne	
BARRE 5:15 PM Rams Heather	ABSOLUTION (20) 6:25 PM SRC B Maria P.			KICKBOXING (45) 4:15-5:00 PM SRC B Karolyne	ZUMBA 5:15 PM SRC A Hailey	BARRE 5:15 PM Rams Heather		
3-2-1 (45) 5:15 PM SRC B Carrington	KICK N SCULPT 6:30 PM SRC A Karolyne			CARDIO BLAST 5:15 PM SRC A Carrington	MUSCLE CUT BARBELLS 5:15 PM SRC B Maria P.	3-2-1 (45) 5:15 PM SRC B Carrington		
ABSOLUTION (20) 6:10 PM SRC B Carrington				ABSOLUTION (20) 6:10 PM SRC A Carrington	CYCLE 5:15 PM Fetzer Hannah Du.	ABSOLUTION (20) 6:10 PM SRC B Carrington		

INSANITY 6:45 PM SRC B Chris		YOGA 6:30 PM Rams Claire	ABSOLUTION (20) 6:25 PM SRC B Maria P.	INSANITY 6:45 PM SRC B Chris
POWER YOGA 7:45 PM Rams Hannah S.		MUSCLE CUT BARBELLS 6:30 PM SRC B Rebecca D.	INSANITY 6:30 PM SRC A Chris	
		BARRE 7:45 PM Rams Julia	BARRE 6:30 PM Rams Sammie	
		KICKBOXING (45) 8:00 PM SRC A Hannah Dove		

GROUP EXERCISE POLICIES: Please refer to the group exercise policies posted on our website and in the studio. ***SUBJECT TO CHANGE***

