GROUP FITNESS SCHEDULE

MONDAY 8.20
12:15-1:15pm  ●  STEP
4-4:45pm  ●  CYCLE
5:15-6:15pm  ●  EMPOWER KICKBOXING
6-7pm  ●  CYCLE
7:30-8:30pm  ●  BRING IT OM YOGA

TUESDAY 8.21
12:15-1pm  ●  MUSCLE CUT
12:15-12:45pm  ●  CYCLE
4:15-5pm  ●  LOWER BODY SCULPT
4:30-5pm  ●  INTRO TO CYCLE
5:15-6:15pm  ●  ZUMBA DANCE PARTY
5:15-6:15pm  ●  BARRE SO HARD
6-7pm  ●  THROWBACK CYCLE

WEDNESDAY 8.22
12:15-1pm  ●  PILATES
4-7pm  ●  ASK A TRAINER
4:30-5pm  ●  INTRO TO CYCLE
5-8pm  ●  GROUP FITNESS SAMPLER

THURSDAY 8.23
12:15-1pm  ●  MUSCLE CUT
12:15-12:45pm  ●  CYCLE
4-7pm  ●  ASK A TRAINER
4:30-6pm  ●  MIND BODY SAMPLER
6:30-7:30pm  ●  GLOWGA

FRIDAY 8.24
12:15-1pm  ●  ZUMBA
4-5pm  ●  CYCLE
4:15-5pm  ●  3-2-1
5:15-6:15pm  ●  NAMASLAY YOGA

LOCATION LEGEND

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