

GROUP FITNESS SUMMER SESSION 2

June 24th - July 26th

● FETZER CYCLE STUDIO ● SRC STUDIO B ● RAMS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
● STEP 12:15 PM (45) <i>Wil</i>	● KICK H.I.I.T. 12:15 PM (45) <i>Kati</i>	● PILATES 12:15 PM (45) <i>Lauren</i>	● LIFT 12:15 PM (45) <i>Mya</i>	● GENTLE YOGA 12:15PM (45) <i>Amanda</i>
	● CYCLE * 12:30 PM (45) <i>Hannah</i>		● CYCLE * 12:30 PM (45) <i>Hannah</i>	
● CYCLE * 4:30 PM (45) <i>Maya</i>	● KICKBOXING 5:15 PM (45) <i>El</i>	● CYCLE* 4:30 PM (45) <i>Maya</i>	● YOGA 4:00 PM (60) <i>Scott</i>	● H.I.I.T. 4:00 PM (45) <i>Harrison</i>
● CORE CONDITIONING 4:30 PM (30) <i>El</i>	● CYCLE * 5:15 PM (45) <i>Maya</i>	● ZUMBA® 4:30 PM (60) <i>Hailey</i>	● ABSOLUTION 4:30 PM (30) <i>Kati</i>	
● CARDIO DANCE 5:15 PM (45) <i>El</i>	● MINDFUL YOGA 5:15 PM (60) <i>Joanne</i>	● GENTLE YOGA 5:15 PM (60) <i>Amanda</i>	● H.I.I.T 5:15 PM (45) <i>Kati</i>	
● INTENSITY 6:15 PM (45) <i>Chris</i>	● BAREBELL PUMP 6:15 PM (45) <i>Maina</i>	● INTENSITY 6:15 PM (45) <i>Chris</i>	● GROOVE 6:15 PM (60) <i>Hailey</i>	

* This class requires online pre-registration <http://go.unc.edu/cycle>