

Fitness & Sports Center

Class Schedule

MONDAY

6am CrossFit
9am Fitness on Demand: Yoga
11am Strength & Conditioning 101
5pm Fitness on Demand: Spin

TUESDAY

6:30am Fitness on Demand: Spin
9am Fitness on Demand: Spin
11am Strength & Conditioning 101
4pm CrossFit
5pm Self-Defense
6pm Fitness on Demand: Cardio

WEDNESDAY

6am CrossFit
6:30am Fitness on Demand: Yoga
9am Fitness on Demand: Yoga
11am Strength & Conditioning 101
3pm Rock Climbing Certification
4pm CrossFit
6:30pm Zumba \$10/class

THURSDAY

6:30am Fitness on Demand: Spin
9am Fitness on Demand: Spin
11am Strength & Conditioning 101
5pm Fitness on Demand: Kickboxing

FRIDAY

6am CrossFit
6:30am Fitness on Demand: Core
9am Fitness on Demand: Wildcard
11am Strength & Conditioning 101
5pm Fitness on Demand: Yoga

SATURDAY

9am Fitness on Demand: Wildcard

All **Fitness on Demand** classes are held virtually at Fitness & Sports Center. All other classes have live instruction.