

# Fitness & Sports Center

## Class Schedule

### MONDAY

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

### TUESDAY

- 6:30am Yoga \$10/class
- 9am Fitness on Demand: Spin
- 11am Strength & Conditioning 101
- 4pm CrossFit
- 5pm Self-Defense
- 5:30pm Yoga \$10/class

### WEDNESDAY

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

### THURSDAY

- 6:30am Yoga \$10/class
- 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
- 10am Rock Climbing Certification

All classes have live instruction, except for virtual [Fitness on Demand](#).