

Fitness & Sports Center

Class Schedule

MONDAY

6am Conditioning @ Fitness Class
6:30am Spin (Virtual)
9am Cardio Blast (Virtual)
11am Strength & Conditioning 101
5pm Spin (Virtual)

TUESDAY

6:30am HIIT (Virtual)
10:30am Yoga \$10
11am Strength & Conditioning 101
4pm Conditioning @ Fitness Class
5pm Self Defense
5:30pm Yoga \$10

WEDNESDAY

6am Conditioning @ Fitness Class
6:30am Spin (Virtual)
9am Step (Virtual)
11am Strength & Conditioning
3pm Rock Climbing Certification Class
4pm Conditioning @ Fitness Class
6:30pm Cardio Dance \$10

THURSDAY

6:30am HIIT (Virtual)
11am Yoga \$10
11am Strength & Conditioning 101
5pm Kickboxing (Virtual)

FRIDAY

6am Conditioning @ Fitness Class
6:30am Spin (Virtual)
9am Core/Pilates (Virtual)
11am Strength & Conditioning 101
5pm FOD: Wildcard (Virtual)

SATURDAY

9am FOD: Wildcard (Virtual)
10am Rock Climbing Certification Class

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