## Finals Week Fitness Schedule

### Monday (5/8)
- Rec Hours: 6am–11:30pm
  - 8:00–8:45am 🔄 Cycle 45 w/Madison
  - 8:00–8:45am 🔄 Barbell Pump w/Shea
  - 8:30–9:45am 🔄 Vinyasa w/Renee
  - 9:00–9:45am 🔄 Cycle 45 w/Samantha
  - 11:00–12:00pm 🔄 Vinyasa 60 w/Kristy
  - 11:30–12:00pm 🔄 ABSolution w/Mick
  - 12:15–1:00pm 🔄 Barbell Pump w/Kenzie
  - 12:15–1:00pm 🔄 Cycle 45 w/Mick
  - 12:15–1:30pm 🔄 All Levels Hatha w/Michael
  - 3:00–4:00pm 🔄 Kickboxing w/Kyrie
  - 4:00–5:00pm 🔄 Ride & Define w/Samantha
  - 4:15–5:00pm 🔄 Barbell Pump w/Chiara
  - 4:15–5:00pm 🔄 HIITS w/Taryn
  - 5:15–6:00pm 🔄 Cycle 45 w/Bethany
  - 5:15–6:00pm 🔄 Happy Hips w/Julie
  - 5:15–6:15pm 🔄 Sculpt & Core w/Chiara
  - 6:30–7:30pm 🔄 Cardio Power w/Clarissa
  - 6:45–8:00pm 🔄 Slow Flow & Meditation w/Carly M
  - 7:45–8:45pm 🔄 Zumba w/Lauren

### Tuesday (5/9)
- Rec Hours: 6am–11:30pm
  - 8:00–8:45am 🔄 Cycle 45 w/Madison
  - 8:00–8:45am 🔄 Barbell Pump w/Shea
  - 8:30–9:30am 🔄 Happy Hips w/Julie
  - 9:00–9:45am 🔄 Cycle 45 w/Samantha
  - 10:00–11:00am 🔄 Vinyasa 60 w/Norelle
  - 11:15–12:00pm 🔄 Cycle 45 w/Kate
  - 12:15–1:00pm 🔄 Barbell Pump w/Kenzie
  - 12:15–1:00pm 🔄 Cycle 45 w/Mick
  - 12:30–1:45pm 🔄 ABSolution w/Mick
  - 1:15–2:00pm 🔄 Boot Camp w/Madison
  - 3:00–4:00pm 🔄 Ride & Define w/Samantha
  - 4:15–5:00pm 🔄 PiYo w/Erin
  - 5:15–6:00pm 🔄 Cycle 45 w/Bethany
  - 5:15–6:00pm 🔄 Dance HIITS 45 w/Clarissa
  - 6:45–8:00pm 🔄 Vinyasa w/Kyrie
  - 7:45–8:45pm 🔄 Zumba w/Carly M

### Wednesday (5/10)
- Rec Hours: 6am–11:30pm
  - 8:00–8:45am 🔄 Cycle 45 w/Madison
  - 8:00–8:45am 🔄 Barbell Pump w/Shea
  - 8:30–9:45am 🔄 Yin Yang w/Carly M
  - 9:00–9:45am 🔄 Cycle 45 w/Samantha
  - 10:15–11:30am 🔄 Cycle 45 w/Taryn
  - 11:15–12:00pm 🔄 Cycle 45 w/Kate
  - 12:15–1:00pm 🔄 Zumba 45 w/Vanessa
  - 12:15–12:45pm 🔄 Boot Camp w/Madison
  - 12:15–1:00pm 🔄 Cycle 45 w/Mick
  - 12:15–1:30pm 🔄 Vinyasa 60 w/Norelle
  - 1:15–2:00pm 🔄 Sculpt w/Lauren
  - 4:45–5:45pm 🔄 Zen Flow w/Kyrie
  - 5:15–6:00pm 🔄 Cycle 45 w/Taryn
  - 5:15–6:15pm 🔄 Dance HIITS w/Clarissa
  - 6:30–7:30pm 🔄 Barbell Pump & Core w/Taryn
  - 6:45–8:45pm 🔄 TTT Kickboxing w/Emily

### Thursday (5/11)
- Rec Hours: 6am–11:30pm
  - 8:00–8:45am 🔄 Cycle 45 w/Samantha
  - 9:00–9:45am 🔄 Boot Camp w/Madison
  - 9:30–10:30am 🔄 Happy Hips w/Julie
  - 10:15–11:30am 🔄 cycle 45 w/Shea
  - 11:15–12:00pm 🔄 Battleropes w/Maggie
  - 12:15–1:00pm 🔄 Cycle 45 w/Mick
  - 12:15–1:30pm 🔄 Happy Hips w/Michael
  - 1:15–2:00pm 🔄 Barbell Pump w/Kate
  - 3:00–4:15pm 🔄 Cycle 45 w/Erin
  - 4:00–5:00pm 🔄 Ride & Define w/Samantha
  - 4:30–5:30pm 🔄 Zen Flow w/Kyrie
  - 5:15–6:00pm 🔄 Cycle 45 w/Kyrie
  - 5:15–6:15pm 🔄 Dance HIITS w/Clarissa
  - 6:30–7:30pm 🔄 Barbell Pump & Core w/Taryn
  - 6:45–8:45pm 🔄 TTT Kickboxing w/Emily

### Friday (5/12)
- Rec Hours: 6am–11:30pm
  - 8:00–8:45am 🔄 Cycle 45 w/Taryn
  - 10:30–11:30am 🔄 Zen Flow w/Kyrie
  - 11:15–12:00pm 🔄 Cycle 45 w/Taryn
  - 12:15–12:45pm 🔄 HIIT Cycle 30 w/Clarissa
  - 12:15–1:00pm 🔄 Happy Hips w/Shea
  - 12:15–1:30pm 🔄 All Levels Hatha w/Michael
  - 1:15–2:00pm 🔄 Barbell Pump w/Kate
  - 3:00–4:15pm 🔄 Cycle 45 w/Kyrie
  - 4:00–5:00pm 🔄 Ride & Define w/Samantha
  - 4:30–5:30pm 🔄 Zen Flow w/Kyrie
  - 5:15–6:00pm 🔄 Cycle 45 w/Kyrie
  - 5:15–6:15pm 🔄 Dance HIITS w/Clarissa
  - 6:30–7:30pm 🔄 Barbell Pump & Core w/Taryn
  - 6:45–8:45pm 🔄 TTT Kickboxing w/Emily

### Summer Schedule
- Summer schedule starts on May 30th

### Key
- Studio 1—Group Fitness
- Studio 2—Group Fitness
- Cycling Studio—Indoor Cycling
- Studio 4—Mind/Body

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