

# WARHAWK FITNESS

## GROUP FITNESS SCHEDULE

### OCTOBER 31ST - DECEMBER 9TH



Monday	Tuesday	Wednesday	Thursday	Friday
7:15a - 8a CYCLING (cycling studio)		7:15a - 8a CYCLING (cycling studio)		11:15a - 12n TOTAL BODY 45
	12n - 12:45p YOGA		12n - 12:45p YOGA	12n - 1p YOGA

*mind.body.soul*

4:30p - 5p BELOW THE BELT	4:45p - 5:30p CYCLING (cycling studio)	4:30p - 5:30p BARBELL + CORE 360	4:30p - 5:15p 30M HIIT + CORE 360	
5p - 5:45p GROUP STRENGTH + CORE 360	5p - 5:45p BARBELL STRENGTH	5:30p - 6p BELOW THE BELT	5:15p - 6p TOTAL SUSPENSION	
5:45p - 6:30p STEP	5:45p - 6:30p 30M HIIT + CORE 360	6p - 6:45p 30M HIIT + CORE 360	5:30p - 6:15p CYCLING (cycling studio)	
6:30p - 7:30p YOGA	6:30p - 7:30p SUSPENSION + YOGA	6:45p - 7:45p YOGA	6:30p - 7:30p YOGA	



**DOWNLOAD THE UW-W REC SPORTS APP TODAY  
TO RESERVE YOUR SPOT IN ANY CLASS!**  
\*CLASSES AVAILABLE 7 DAYS IN ADVANCED,  
SPACE IS LIMITED\*