

# WARHAWK FITNESS

## GROUP FITNESS SCHEDULE

### SPRING 2024



Monday	Tuesday	Wednesday	Thursday	Friday
MIND-BODY	CARDIO	CYCLING	STRENGTH	MASH-UP
		7:15a - 8a CYCLING (45m)		11:15a - 12n TOTAL BODY 45
4p – 5p CYCLING (60m)	4:30p - 5:30p CYCLING (60m)	4p - 4:45p YOGA		12n - 1p YOGA
4:45p - 5:30p 30M HIIT + CORE 360	4:45p - 5:15p BELOW THE BELT	4:45p - 5:30p GROUP STRENGTH + CORE 360	4p – 5p CYCLING (60m)	
5:30p - 6:15p BARBELL	5:15p - 5:30p CORE 360	5:30p - 6p BELOW THE BELT	4:45p - 5:30P SUSPENSION	
6:15p - 6:30p CORE 360	5:30p - 6:15p STEP	5:30p - 6:30p CYCLING (60m)	5:30p - 6:15p 30M HIIT + CORE 360	
6p - 6:45p CYCLING (45m)	6:15p - 7p GROUP STRENGTH + CORE 360	6p - 6:15p CORE 360	5:30p - 6:15p CYCLING (45m)	
6:30p - 7p BELOW T HE BELT	6p - 6:45p CYCLING (45m)	6:15p - 7p STEP	6:15p - 7 BARBELL STRENGTH	
7p - 8p YOGA	7p - 8p YOGA	7p - 8p YOGA	7p - 8p 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\*