

Monday

	Time	Class	Instructor Name	Location	Registration Required
Morning	6:15 – 7 a.m.	Sunrise Squad	Eddie	GC – SCC	Register for squad training
	7:30 – 8:15 a.m.	Sunrise Squad	Eddie	AC – SCC	
	7:15 – 7:45 a.m.	Big HIIT (f)	Rachel K	GC – SCC	Register for Big HIIT
	7:45 – 8:15 a.m.	Big HIIT (f)	Rachel K	GC – SCC	
	8:15 – 8:45 a.m.	Big HIIT (f)	Rachel K	GC – SCC	
	7:30 – 8:15 a.m.	JOGA	Britt D	GC – Fitness Studio	
	8:30 – 9:15 a.m.	Barre	Vanessa	AC – Dance Studio	
	11:15 – 11:45 a.m.	Fit Mix: Dance & Move	Lainie	AC – Dance Studio	
Afternoon	12:15 – 12:45 p.m.	Studio HIIT	Rachel K	GC – Fitness Studio	
	12:45 – 1:15 p.m.	JOGA	Britt D	GC – Fitness Studio	
	12:15 – 1 p.m.	Stretch & Relax	Edith	AC – Dance Studio	
	12:15 – 1 p.m.	Women-Only Squad Training	Beth	AC – SCC	Register for women-only squad training
	12:15 – 1 p.m.	Squad Training	Gabe	GC – SCC	Register for squad training
Evening	5:15 – 6 p.m.	Cardio Dance Party: Latin Pop	Stefania	AC – Field House	
	5:15 – 6 p.m.	Studio HIIT	Vanessa	GC – Fitness Studio	
	6:15 – 7 p.m.	Squad Training	Matt L	GC – SCC	Register for squad training
	6:15 – 7 p.m.	Meditation & Yoga	Timea	GC – Fitness Studio	

Tuesday

	Time	Class	Instructor Name	Location	Registration Required
Morning	7:30 – 8:15 a.m.	Barre	Vanessa	GC – Fitness Studio	
	8:30 – 9:15 a.m.	JOGA	Britt D	AC – Dance Studio	
Afternoon	12:15 – 12:45 p.m.	JOGA	Britt D	GC – Fitness Studio	
	12:15 – 12:45 p.m.	Fit Mix: Cardio & Conditioning	Lauren S	AC – Dance Studio	
	12:15 – 12:45 p.m.	Big HIIT (f)	Vanessa	VC – Dome	Register for Big HIIT
	12:45 – 1:15 p.m.	Big HIIT (f)	Vanessa	VC – Dome	
	1:15 – 2 p.m.	Meditation & Yoga	Melissa	AC – Dance Studio	
Evening	5:15 – 6 p.m.	Yoga	Madi	AC – Dance Studio	
	5:15 – 6 p.m.	The Lab	Gabriel	GC – SPC	Register for The Lab (single session) Register for The Lab (package)
	5:15 – 6 p.m.	Women-Only Squad Training	Beth	AC – SCC	Register for women-only squad training
	6:15 – 7 p.m.	Cardio Dance Party: Bollywood	Zoya	AC – Dance Studio	

Wednesday

	Time	Class	Instructor Name	Location	Registration Required
Morning	6:15 – 7 a.m.	Sunrise Squad	Eddie	GC – SCC	Register for squad training
	7:30 – 8:15 a.m.	Sunrise Squad	Eddie	AC – SCC	
	7:15 – 7:45 a.m.	Big HIIT (f)	Vanessa	GC – SCC	Register for Big HIIT
	7:45 – 8:15 a.m.	Big HIIT (f)	Vanessa	GC – SCC	
	8:15 – 8:45 a.m.	Big HIIT (f)	Vanessa	GC – SCC	
Afternoon	12:15 – 12:45 p.m.	JOGA	Matt B	AC – Dance Studio	
	12:15 - 12:45 p.m.	Barre	Vanessa	GC – Fitness Studio	
	12:15 – 1 p.m.	Squad Training	Nardine	GC – SCC	Register for squad training
Evening	5:15 - 6 p.m.	Cardio Dance Party: Latin Pop	Stefania	AC – Field House	
	6:15 – 7 p.m.	Squad Training	Gael	GC – SCC	Register for squad training
	6:15 – 7 p.m.	Meditation & Yoga	Lauren B	GC – Fitness Studio	
	6:15 – 7 p.m.	Aquafit	Vanessa	AC – Benson Pool	
	7:15 – 8 p.m.	Vogue Dance	Snoopy	AC – Dance Studio	

Thursday

	Time	Class	Instructor Name	Location	Registration Required
Morning	7:30 – 8:15 a.m.	JOGA	Matt B	GC – Fitness Studio	
	8:30 – 9:15 a.m.	Barre	Rachel G	AC – Dance Studio	
Afternoon	12:15 – 1 p.m.	The Lab	Rachel K	GC – SPC	Register for The Lab (single session) Register for The Lab (package)
	12:15 – 12:45 p.m.	Yoga	Madi	GC – Fitness Studio	
	12:15 – 12:45 p.m.	Barre	Vanessa	AC – Dance Studio	
	12:15 – 12:45 p.m.	Big HIIT (f)	Eddie	VC – Dome	Register for Big HIIT
	12:45 – 1:15 p.m.	Big HIIT (f)	Eddie	VC – Dome	
Evening	5:15 – 6 p.m.	Yoga	Madi	AC – Dance Studio	
	6:15 – 7 p.m.	JourneyDance™	Sheilagh	GC Room 335	
	6:15 – 7 p.m.	Studio HIIT	Beth	GC – Fitness Studio	
	6:15 – 7 p.m.	Cardio Dance Party: Latin-Pop	Steven	AC – Dance Studio	

Friday

	Time	Class	Instructor Name	Location	Registration Required
Morning	6:15 – 7 a.m.	Sunrise Squad	Eddie	GC – SCC	Register for squad training
	7:30 – 8:15 a.m.	Sunrise Squad	Eddie	AC – SCC	
	7:15 – 7:45 a.m.	Big HIIT (f)	Nardine	GC – SCC	Register for Big HIIT
	7:45 – 8:15 a.m.	Big HIIT (f)	Nardine	GC – SCC	
	8:15 – 8:45 a.m.	Big HIIT (f)	Nardine	GC – SCC	
	7:30 – 8:15 a.m.	Barre	Vanessa	GC – Fitness Studio	
	8:30 – 9:15 a.m.	JOGA	Matt B	AC – Dance Studio	
	11:15 – 12 p.m.	Fit Mix: Dance & Move	Lainie	AC – Dance Studio	
Afternoon	12:15 – 1 p.m.	Squad Training	Gabe	GC – SCC	Register for squad training
	12:15 – 1 p.m.	Start-up Squad Training	Adrian	GC – SCC	Register for start-up squad training
	12:15 – 12:45 p.m.	Meditation & Yoga	Melissa	AC – Dance Studio	
	12:15 – 1 p.m.	Aquafit	Leehe	AC – Benson Pool	
	1:15 – 2 p.m.	Women-Only Start-up Squad Training	Vanessa	AC – SCC	Register for women-only start-up squad training
	1:15 – 2 p.m.	Women-Only Squad Training	Rachel K	AC – SCC	Register for women-only squad training
	3:15 – 4 p.m.	Raise the Barre	Vanessa	GC – Fitness Studio	Register for HIIT takeover
	3:15 – 4:15 p.m.	HIIT Takeover	Fitness & Performance Team	GC – SCC	

Evening	4:15 – 5 p.m.	Cardio Dance Party: Free Style	Fitness & Performance Team	GC – Fitness Studio	
	5:15 – 6 p.m.	JOGA	Bianca	GC – Fitness Studio	
	5:15 – 6 p.m.	Squad Training	Gael	GC – SCC	Register for squad training

Saturday

	Time	Class	Instructor Name	Location	Registration Required
Morning	8:15 – 9 a.m.	JOGA	Britt L	GC – Fitness Studio	
	10:30 – 11 a.m.	Big HIIT (f)	Fitness & Performance Team	GC – SCC	Register for Big HIIT
	11 – 11:30 a.m.	Big HIIT (f)	Fitness & Performance Team	GC – SCC	
	11:15 – 12 p.m.	Cardio Dance Party: Latin-Pop	Stefania	GC – Fitness Studio	
Afternoon	12:15 – 1 p.m.	JOGA	Britt L	GC – Fitness Studio	

Sunday

	Time	Class	Instructor Name	Location	Registration Required
Afternoon	1:15 – 2 p.m.	JOGA	Britt D	GC – Fitness Studio	
	12:15 – 1 p.m.	Yoga: Hatha	Timea	GC – Fitness Studio	