


# Campus Recreation Summer Group Exercise Schedule

## June 30-July 31

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>No HATHA Yoga</b> <b>July 10, 15, 24</b></p>	<p>June 30 5:45pm Spin-TRX Studio 1 5:30pm Hip Hop Cardio Studio 2</p>	<p>July 1 5:30pm Hatha Yoga Studio 2</p>	<p>July 2 5:45pm Spin-TRX Studio 1 5:30pm Hip Hop Cardio Studio 2</p>	<p>July 3 5:30pm Hatha Yoga Studio 2</p>	<p>July 4 <b>Holiday</b>— <b>HTC Center Closed</b></p>	<p>July 5</p>
<p>July 6</p>	<p>July 7 5:45pm Spin-TRX Studio 1 5:30pm Hip Hop Cardio Studio 2</p>	<p>July 8 5:30pm Hatha Yoga Studio 2</p>	<p>July 9 5:45pm Spin-TRX Studio 1 5:30pm Hip Hop Cardio Studio 2</p>	<p>July 10 <b>NO Hatha Yoga tonight</b></p>	<p>July 11</p>	<p>July 12</p>
<p>July 13</p>	<p>July 14 5:45pm Spin-TRX Studio 1 5:30pm Hip Hop Cardio Studio 2</p>	<p>July 15 <b>NO Hatha Yoga tonight</b></p>	<p>July 16 5:45pm Spin-TRX Studio 1 (last day) 5:30pm Hip Hop Cardio Studio 2</p>	<p>July 17 5:30pm Hatha Yoga Studio 2</p>	<p>July 18</p>	<p>July 19</p>
<p>July 20 <b>No Spin TRX this week</b></p>	<p>July 21 5:30pm Hip Hop Cardio Studio 2</p>	<p>July 22 5:30pm Hatha Yoga Studio 2</p>	<p>July 23 5:30pm Hip Hop Cardio Studio 2</p>	<p>July 24 <b>NO Hatha Yoga tonight</b></p>	<p>July 25</p>	<p>July 26 <b>Spinning Instructor Course</b>—contact <a href="mailto:tjosey@coastal.edu">tjosey@coastal.edu</a> to register</p>
<p>July 27 <b>No Spin TRX this week</b></p>	<p>July 28 5:30pm Hip Hop Cardio Studio 2</p>	<p>July 29 5:30pm Hatha Yoga Studio 2</p>	<p>July 30 5:30pm Hip Hop Cardio Studio 2</p>	<p>July 31 5:30pm Hatha Yoga Studio 2</p>	<p>Aug 1 <b>Personal Training Course</b> 1-9pm To register contact <a href="mailto:tjosey@coastal.edu">tjosey@coastal.edu</a></p>	<p>Aug 2 <b>Personal Tr. Course</b>—HTC Center 8am-6pm Aug 3 Sunday <b>PT course</b> 8am-6pm</p>