Group Fitness Schedule

MONDAYS
9:00am-9:30am  HIIT- Kayla
10:00am-10:30am  Arms N Abs- Kayla
12:00pm-12:45pm  Spin & Sculpt- Tara
1:00pm-1:30pm  Yoga- Emma
4:00pm-4:30pm  Spin- Megan R
5:00pm-5:30pm  Buns N Thighs- Kylee
5:30pm-6:00pm  Cardio Sport- Alexis
6:00pm-7:00pm  Sunset Yoga - Alex
6:00pm-7:00pm  Hip Hop Cardio-Kayla
7:00pm-8:00pm  Yoga- Elizabeth

WEDNESDAYS
8:00am-9:00am  Sunrise Yoga- Alex
9:00am-9:30am  HIIT- Kayla
10:00am-10:30am  Arms N Abs- Kayla
12:00pm-12:45pm  Spin & Sculpt- Tara
1:00pm-1:30pm  Yoga- Emma
5:00pm-5:30pm  Buns N Thighs- Kylee
5:00pm-5:45pm  Core & Stretch- Rebecca
5:30pm-6:00pm  Zumba- Evelyn
5:30pm-6:00pm  Williams Brice 100
6:00pm-7:00pm  Hip Hop Cardio- Kayla
6:30pm-7:00pm  Spin Express - Meg D
7:15pm-8:00pm  Yoga- Elizabeth

TUESDAYS
1:00pm-2:00pm  Yoga- Lydia
12:15pm-1:00pm  Spin-Megan R
4:30pm-5:15pm  Buns N Thighs- Celina
5:00pm-5:30pm  Core Blast- Kylee
5:30pm-6:00pm  Walk the Campus-Celina
5:30pm-6:00pm  Outdoor Bootcamp- Chloe
6:00pm-7:00pm  Yoga- Gloria
6:30pm-7:30pm  Hip Hop Cardio - Chloe
7:00pm-8:00pm  Zumba- Tyler

THURSDAYS
8:00am-9:00am  Sunrise YOGA - Alex
1:00pm-2:00pm  YOGA- Lydia
5:00pm-5:30pm  Core Blast- Kylee
5:30pm-6:00pm  Walk the Campus-Celina Outside,Front HTC
5:30pm-6:00pm  Outdoor Bootcamp- Chloe
7:00pm-8:00pm  Williams Brice 100

FRIDAYS
8:00am-9:00am  Sunrise YOGA - Alex
9:00am-9:30am  HIIT- Kayla
1:00pm-1:30pm  Yoga- Emma

RESERVE YOUR SPOT
IMLeagues.com  GET THE APP!
SPACE LIMITED-MUST RESERVE!!

RESERVE YOUR SPOT
IMLeagues.com  GET THE APP!
SPACE LIMITED-MUST RESERVE!!

BRING YOUR
OWN MAT/TOWEL.
MUST HAVE MASK TO ENTER
HTC CENTER & WB

SEE CLASS DESCRIPTIONS PAGE FOR FULL DETAILS ON EACH CLASS
Classes are FREE! Schedule changes monthly

FOLLOW US @CCUREC
ALL VIRTUAL CLASSES ON IGTV