## Monday
- **6:30-7:15AM**
  - **Cycling**
    - Guttersen Multipurpose

- **12:05-12:55PM**
  - **Yoga Focus**
    - Campus Rec Studio

- **5:00-5:45PM**
  - **Yoga Restore**
    - Campus Rec Studio

- **5:45-6:45PM**
  - **Cycling**
    - Guttersen Multipurpose

- **6:00-6:30PM**
  - **Patrick Multipurpose**

## Tuesday
- **6:30-7:15AM**
  - **Cycling**
    - Guttersen Multipurpose

- **12:05-12:55PM**
  - **Yoga Energy**
    - Campus Rec Studio

- **12:10-1:00PM**
  - **Yoga Focus**
    - Campus Rec Studio

- **4:00-4:45PM**
  - **Yoga Flow**
    - Campus Rec Studio

- **5:15-6:15PM**
  - **Cycling**
    - Guttersen Multipurpose

## Wednesday
- **12:05-12:55PM**
  - **Yoga Focus**
    - Campus Rec Studio

- **12:10-1:00PM**
  - **Patrick Multipurpose**

- **4:30-5:20PM**
  - **Yoga Flow**
    - Campus Rec Studio

- **4:45-5:30PM**
  - **Trx**
    - Patrick Multipurpose

## Thursday
- **6:30-7:15AM**
  - **Cycling**
    - Guttersen Multipurpose

- **12:05-1:05PM**
  - **Yoga Focus**
    - Patrick Multipurpose

- **12:10-1:00PM**
  - **Yoga Energy**
    - Campus Rec Studio

- **4:15-5:00PM**
  - **Yoga Restore**
    - Campus Rec Studio

## Friday
- **12:05-12:55PM**
  - **Yoga Flow**
    - Campus Rec Studio

## Saturday
- **10:15-11:15AM**
  - **Cycling**
    - Guttersen Multipurpose

## Sunday
- **5:00-6:00PM**
  - **Cycling**
    - Guttersen Multipurpose

- **6:15-7:15PM**
  - **Cycling**
    - Patrick Multipurpose

- **7:30-8:30PM**
  - **Yoga Flow**
    - Campus Rec Studio