

## Spring 2017 WOW Fitness Schedule

Schedule is subject to change (12/19/2016)

### Monday

12:00pm-1:00pm	Lobo Cycling	Johnson 1102
12:00pm-1:00pm	Circuit	B06
12:00pm-1:00pm	Bootcamp	Johnson Field
12:00pm-1:00pm	Yoga	Fitness Room
12:00pm-1:00pm	Foam Rolling	Mat Room
5:00pm-6:30pm	Aikido	Mat Room
5:30pm-6:30pm	Circuit	B06
6:00pm-7:00pm	Deep Water Aerobics	Johnson Pool
6:00pm-7:00pm	Latin Dance Fitness	Fitness Room
6:30pm-7:30pm	TRX	Mat Room
7:00pm-8:00pm	Aikido	Fitness Room
7:05pm - 8:05pm	Warm Water Aerobics	Therapy Pool

### Tuesday

12:00pm-1:00pm	Aqua Jogging	Johnson Pool
12:00pm-1:00pm	Circuit	B06
12:00pm-1:00pm	Yoga	North Campus*
12:00pm-1:00pm	GRIP	Fitness Room
5:30pm-6:30pm	Bootcamp	Johnson Field
5:30pm-6:30pm	Yoga	CDD****
6:00pm-7:00pm	Circuit	B06
6:15pm-7:15pm	Personal Defense	Mat Room
6:00pm-7:00pm	Zumba	Dance Room
6:00pm-7:00pm	Aqua Dance	Johnson Pool
6:30pm-7:30pm	Yoga	Fitness Room
7:15pm-8:15pm	Mixed Martial Arts	Mat Room

### Wednesday

6:15am- 7:15am	Ripped	Dance Room
12:00pm-1:00pm	Circuit	B06
12:00pm-1:00pm	Lobo Cycling	Johnson 1102
12:00pm-1:00pm	Bootcamp	Johnson Field
12:00pm-1:00pm	Yoga	Fitness Room
12:00pm-1:00pm	Pilates	Mat Room
5:00pm-6:30pm	Aikido	Mat Room
5:30pm-6:30pm	Circuit	B06
5:30pm-6:30pm	Lobo Cycling	Johnson 1102
6:00pm-7:00pm	Latin Dance Fitness	Fitness Room
6:00pm-7:00pm	Deep Water Aerobics	Johnson Pool
6:30pm-7:30pm	TRX	Mat Room
7:05pm- 8:05pm	Warm Water Aerobics	Therapy Pool

## Thursday

12:00pm-1:00pm	Aqua Jogging	Johnson Pool
12:00pm-1:00pm	Circuit	B06
12:00pm-1:00pm	Yoga	North Campus*
12:00pm-1:00pm	PIYO	Fitness Room
5:30pm-6:30pm	Bootcamp	Johnson Field
5:30pm-6:30pm	Yoga	CDD****
6:00pm-7:00pm	Circuit	B06
6:00pm-7:00pm	Lobo Cycling	Johnson 1102
6:00pm-7:00pm	Aqua Dance	Johnson Pool
6:15pm-7:15pm	Personal Defense	Mat Room
6:00pm-7:00pm	Zumba	Dance Room
6:30pm- 7:30pm	Yoga	Fitness Room
7:15pm-8:15pm	Mixed Martial Arts	Mat Room

## Friday

12:00pm-1:00pm	Pilates	Mat Room
12:00pm-1:00pm	Yoga	Fitness Room
12:00pm-1:00pm	Circuit	B06