

## Fall 2017 WORKS Fitness Schedule

*Schedule is subject to change*

### Monday

12:00pm-1:00pm	Bootcamp	Johnson Field
12:00pm-1:00pm	Lobo Cycling	Johnson 1102
12:00pm-1:00pm	Yoga	Fitness Room
12:00pm-1:00pm	Booty by Lauren	Dance Room
5:30pm-7:00pm	Aikido	Mat Room
5:30pm-6:30pm	Circuit Training	B06
6:00pm-7:00pm	Zumba	Fitness Room
7:00pm- 8:00pm	Aikido	Fitness Room

### Tuesday

6:10am-7:10am	FunFit	Dance Room
12:00pm-1:00pm	GRIP	Fitness Room
12:00pm-1:00pm	TRX	Mat Room
12:00pm-1:00pm	Circuit Training	B06
12:15pm-12:45pm	Foam Rolling	Dance Room
5:30pm-6:30pm	Lobo Cycling	Johnson 1102
5:30pm-6:30pm	Yoga	Fitness Room
6:15pm-7:15pm	Personal Defense	Mat Room
6:00pm-7:00pm	Zumba	Dance Room
7:15pm-8:15pm	Mixed Martial Arts	Mat Room

### Wednesday

12:00pm-1:00pm	Lobo Cycling	Johnson 1102
12:00pm-1:00pm	POUND	Dance Room
12:00pm-1:00pm	Bootcamp	Johnson Field
12:00pm-1:00pm	Yoga	Fitness Room
12:00pm-1:00pm	Pilates	Mat Room
5:30pm-7:00pm	Aikido	Mat Room
5:30pm-6:30pm	Lobo Cycling	Johnson 1102
5:30pm-6:30pm	Circuit Training	B06
6:00pm-7:00pm	Zumba	Fitness Room

### Thursday

12:00pm-1:00pm	PIYO	Fitness Room
12:00pm-1:00pm	Circuit Training	B06
12:00pm-1:00pm	TRX	Mat Room
12:15pm-12:45pm	Foam Rolling	Dance Room
5:30pm-6:30pm	Lobo Cycling	Johnson 1102

5:30pm-6:30pm	Yoga	Fitness Room
6:15pm-7:15pm	Personal Defense	Mat Room
6:00pm-7:00pm	Zumba	Dance Room
6:30pm-7:30pm	FunFit	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	WOD:ROM	Dance Room