

Fall 2017 WOW 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
12:00pm-1:00pm	Circuit Training	B06
5:30pm-7:00pm	Aikido	Mat Room
5:30pm-6:30pm	Circuit Training	B06
6:00pm-7:00pm	Aquatic Dance	Johnson Pool
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	Yoga	*North Campus
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	Circuit Training	B06
5:30pm-6:30pm	Yoga	Fitness Room
5:30pm-6:30pm	Yoga	CDD (East Building)
6:15pm-7:15pm	Personal Defense	Mat Room
6:00pm-7:00pm	Aquatic Dance	Johnson Pool
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
12:00pm-1:00pm	Aqua Jogging	Johnson Pool
12:00pm-1:00pm	Circuit Training	B06
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	Aquatic Dance	Johnson Pool
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
12:00pm-1:00pm	Yoga	*North Campus
12:15pm-12:45pm	Foam Rolling	Dance Room
5:30pm-6:30pm	Lobo Cycling	Johnson 1102
5:30pm-6:30pm	Circuit Training	B06
5:30pm-6:30pm	Yoga	Fitness Room
5:30pm-6:30pm	Yoga	CDD (East Building)
6:00pm-7:00pm	Deep Water Aerobics	Johnson Pool
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
7:05pm-8:00pm	Warm Water Exercise	Therapy Pool

Friday

12:00pm-1:00pm	Pilates	Mat Room
12:00pm-1:00pm	Yoga	Fitness Room
12:00pm-1:00pm	Aqua Jogging	Johnson Pool
12:00pm-1:00pm	Circuit Training	B06
12:00pm-1:00pm	WOD:ROM	Dance Room

*North Campus- Health Education Building 3, Room 2720

CDD- Center for Development and Disability- East Building Rm. 103