

Summer 2017 WOW Fitness Schedule

Schedule is subject to change

Monday

12:00pm-1:00pm	Bootcamp	Johnson Field
12:00pm-1:00pm	Yoga	Fitness Room
12:00pm-1:00pm	Circuit Training	B06
5:00pm-6:30pm	Aikido	Mat Room
5:30pm-6:30pm	Circuit Training	B06
5:30pm-6:30pm	Aqua Dance	Johnson Pool
5:30pm-6:30pm	CD-ROM	Dance Room
6:00pm-7:00pm	Zumba	Fitness Room
6:30pm-7:30pm	TRX	Mat Room

Tuesday

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

Wednesday

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
5:00pm-6:30pm	Aikido	Mat Room
5:30pm-6:30pm	Circuit Training	B06
5:30pm-6:30pm	Aqua Dance	Johnson Pool
5:30pm-6:30pm	Lobo Cycling	Johnson 1102
5:30pm-6:30pm	CD-ROM	Dance Room
6:00pm-7:00pm	Zumba	Fitness Room
6:30pm-7:30pm	TRX	Mat Room

Thursday

12:00pm-1:00pm	PIYO	Fitness Room
12:00pm-1:00pm	Relaxercise	Mat Room
5:30pm-6:30pm	Lobo Cycling	Johnson 1102
5:30pm-6:30pm	Yoga	CDD**
5:30pm-6:30pm	Deep Water Aerobics	Johnson Pool
5:30pm-6:30pm	Circuit Training	B06
5:30pm-6:30pm	Yoga	Fitness Room
6:00pm-7:00pm	Personal Defense	Mat Room
6:30pm-7:30pm	Zumba	Fitness Room
7:00pm-8:00pm	Mixed Martial Arts	Mat Room

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

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