



Group Exercise Classes

Spring 2023

* Les Mills In-Studio
Virtual Class
Yoga Studio
Cycle Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
* Cycle HIIT 5:30-6:00pm	* Cycle HIIT 5:30-6:00pm	* Cycle HIIT 5:30-6:00pm	* Cycle HIIT 5:30-6:00pm	* Cycle HIIT 5:30-6:00pm	* Yoga 11am-12pm	* Yoga 11am-12pm
* Cardio HIIT 5:30-6:00pm	* Yoga 5:30-6:30pm	* Cardio HIIT 5:30-6:00pm	<div> Vinyasa Yoga Flow w/ Keryn 6:30-7:30pm Gentle Yoga Flow w/ Keryn 7:45-8:45pm </div>	* Cardio HIIT 5:30-6:00pm		
<div> Gentle Yoga Flow w/ Keryn 7:15-8:15pm </div>	* Cardio HIIT 7:15-7:45pm	* Yoga 7:15-8:15pm				

Sign up on GetInvolvedHU: Department of Campus Recreation Events