

GROUPX

SCHEDULE

FALL
18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cycle Fit 7 - 7:45 a.m. MP2	LunchTime CrunchTime* 12:15 - 12:45 p.m. MP2	Cycle 60* 3:45 - 4:45 p.m. MP2	Cycle Fit 7 - 7:45 a.m. MP2	Turbo Kick 12:30 - 1:15 p.m. MP2
INSANITY 4:15 - 5 p.m. MP2	HardCORE Booty Blast 4:15 - 5 p.m. MP2	Barre Toning 4:15 - 5 p.m. MP1	Cycle & Sculpt 4:15 - 5 p.m. MP2	Cycle & Sculpt 1:30 - 2:15 p.m. MP2
Cycle Fit 5:15 - 6 p.m. MP2	Total Body Toning 5:15 - 6 p.m. MP2	Turbo Kick 5:15 - 6 p.m. MP1	Total Body Toning 5:15 - 6 p.m. MP2	HardCORE Booty Blast 2:30 - 3:15 p.m. MP2
Barre Toning 5:15 - 6 p.m. MP1	Barre Toning 5:15 - 6 p.m. MP1	Cycle Fit 5:15 - 6 p.m. MP2	Pilates Yoga Fusion 5:15 - 6 p.m. MP1	SATURDAY
HardCORE Booty Blast 6:15 - 7 p.m. MP2	Cycle & Sculpt 6:15 - 7 p.m. MP2	POP Pilates 6:15 - 7 p.m. MP1	Cardio & Core 6:15 - 7 p.m. MP2	NO CLASSES
POP Pilates 6:15 - 7 p.m. MP1	10 Rounds 6:15 - 7:15 p.m. MP1	Total Body Toning 6:15 - 7 p.m. MP2	Zumba 6:15 - 7 p.m. MP1	SUNDAY
Yoga 7:15 - 8:15 p.m. MP2	Restoration Yoga 7:15 - 8:15 p.m. MP2	Body Strength 7:15 - 8 p.m. MP2	Yoga 7:15 - 8:15 p.m. MP2	INSANITY 6 - 6:45 p.m. MP2
10 Rounds 7:15 - 8:15 p.m. MP1			10 Rounds 7:15 - 8:15 p.m. MP1	Yoga 7 - 8 p.m. MP2



Purchase your

All-Access Pass*

online at

shsu.edu/fitness

Student Pricing: \$45 (\$55 after Sept 2)

Non-Student Pricing: \$55 (\$65 after Sept 2)

*Specialty Classes require separate registration