

GROUPIX SCHEDULE

SPRING
18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Total Body Toning 7 - 7:45 a.m. MP2	Cycle Fit 7 - 7:45 a.m. MP2	Yoga 7 - 7:45 a.m. MP2	Cycle Fit 7 - 7:45 a.m. MP2	Zumba Noon - 12:45 p.m. MP1
Cycle & Sculpt 12:30 - 1:15 p.m. MP2	Total Body Toning 4:30 - 5:15 p.m. MP2	Barre Toning 12:30 - 1:15 p.m. MP1	Bearkat Bootcamp 12:30 - 1:15 p.m. RB1	Cardio Kickboxing Noon - 12:45 p.m. MP2
STRONG by Zumba 4 - 4:45 p.m. MP1	PiYo 4:30 - 5:15 p.m. MP1	POP Pilates 4:30 - 5:15 p.m. MP2	Cycle & Sculpt 4:30 - 5:15 p.m. MP2	Total Body Toning 1 - 1:45 p.m. MP2
Pilates 5 - 5:45 p.m. MP2	Cycle & Sculpt 5:30 - 6:15 p.m. MP2	10 Rounds 4 - 4:45 p.m. MP1	Zumba 4:30 - 5:15 p.m. MP1	Barre Toning 2 - 2:45 p.m. MP1
Barre Above 5 - 5:45 p.m. MP1	Zumba 5:30 - 6:15 p.m. MP1	Cardio Kickboxing 5 - 5:45 p.m. MP1	POP Pilates 5:30 - 6:15 p.m. MP2	Pedal Party 2:45 - 3:30 p.m. MP2
Bearkat Bootcamp 5 - 5:45 p.m. RB1	Spring Break Fit Camp* 5:30 - 6:30 p.m. RB1	Ladies that Lift* 5:15 - 6:15 p.m. RB1	Barre R & R 5:30 - 6:15 p.m. MP1	SATURDAY
Zumba 6 - 6:45 p.m. MP1	POP Pilates 6:30 - 7:15 p.m. MP2	Cycle Fit 6 - 6:45 p.m. MP2	Spring Break Fit Camp* 5:30 - 6:30 p.m. RB1	NO CLASSES
Cycle Fit 6 - 6:45 p.m. MP2	Barre Toning 6:30 - 7:15 p.m. MP1	Zumba 6 - 6:45 p.m. MP1	HardCORE 6:30 - 7 p.m. MP1	SUNDAY
HardCORE Booty Blast 6 - 6:45 p.m. RB1	Yoga 7:30 - 8:30 p.m. MP2	HardCORE Booty Blast 6:30 - 7:15 p.m. RB1	Yoga 7:30 - 8:30 p.m. MP2	Cycle Fit 6 - 6:45 p.m. MP2
Total Body Toning 7 - 7:45 p.m. MP2	10 Rounds 7:30 - 8:15 p.m. MP1	Total Body Toning 7 - 7:45 p.m. MP2	Roll & Recover 7:30 - 8 p.m. MP1	Yoga 7 - 8 p.m. MP2
Hit Fit* 8 - 9 p.m. MP1		Yoga 8 - 9 p.m. MP2	<div><div>Purchase your All-Access Pass* online at shsu.edu/fitness Student Pricing: \$55 Non-Student Pricing: \$65 <small>*Specialty Classes require separate registration</small></div></div>	
Yoga 8 - 9 p.m. MP2				