

GROUP EXERCISE

FALL 2024 SCHEDULE

MONDAY

5:30pm-6:30pm

Cycle

Tia

Training Studio

6:30pm-7:30pm

HIIT

Stryder

Training Studio

TUESDAY

6pm-7pm

HIIT to the

Beat

Maddie

Dance Studio

6pm-7pm

Cycle

Keely

Training Studio

7pm-8pm

Tone Zone

Kayla

Dance Studio

WEDNESDAY

6:30am-7:30am

Strength and

Tone

Liam

Training Studio

5:30pm-6:15pm

Mediation Class

Lauren

Mind and Body Studio

5:30pm-6:30pm

Power Core

Jack

Training Studio

6:30pm-7:30pm

Cycle

Kaitlyn

Training Studio

THURSDAY

8am-9am

Yoga

Anissa

Mind & Body Studio

5:30pm-6:30pm

Cycle

Maddie

Training Studio

5:30pm-6:30pm

Tone Zone

Kayla

Dance Studio

6:30pm-7:30pm

Body Burn

AJ

Training Studio

7:00pm-8:00pm

Stretchology

Kayla

Mind and Body Studio

FRIDAY

4pm-5pm

Yoga

Anissa

Mind & Body Studio

No Registration needed

Fall classes end December 6th, 2024



UNIVERSITY of
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L A F A Y E T T E

**Recreational
Sports**