

GROUP X

FALL 2019

Classes run August 19th–November 22nd

MONDAY

12:30p–1:00p	HIIT	TRAINING STUDIO	JOHN
4:45p–5:30p	BOURGEOIS BOOTCAMP	TRAINING STUDIO	DYLAN
5:45p–6:30p	INTERVAL CYCLE	TRAINING STUDIO	TESS
6:45p–7:30p	YOGA	DANCE STUDIO	KELSEY
7:45p–8:30p	STRENGTH + TONE	TRAINING STUDIO	TAYLOR
8:15p–9:00p	ZUMBA®	DANCE STUDIO	KELSEY M.

TUESDAY

7:00a–7:30a	CAJUN CORE	TRAINING STUDIO	JOHNATHON
4:30p–5:15p	CYCLE + STRENGTH	TRAINING STUDIO	TESS
5:30p–6:00p	CAJUN CORE	TRAINING STUDIO	TAYLOR
6:15p–7:15p	POWER HOUR	TRAINING STUDIO	REED
7:30p–8:15p	MINDFUL MOVES	TRAINING STUDIO	REED
8:15p–9:00p	ZUMBA®	DANCE STUDIO	KELSEY M.

WEDNESDAY

6:45a–7:30a	CYCLE	TRAINING STUDIO	ALISHA
8:00a–8:30a	<i>LIFE ON THE GEAUX</i>	TRAINING STUDIO	TAYLOR + KOBIE
12:15p–1:00p	BOURGEOIS BOOTCAMP	TRAINING STUDIO	JOHNATHON
5:00p–5:45p	STRENGTH + TONE	TRAINING STUDIO	PRESTON
6:00p–6:45p	STEP + STRENGTH	DANCE STUDIO	ALISHA
7:00p–7:45p	YOGA	DANCE STUDIO	KELSEY

THURSDAY

7:15a–8:00a	BOURGEOIS BOOTCAMP	TRAINING STUDIO	JOHNATHON
5:15p–6:00p	YOGA	DANCE STUDIO	SIOBHAN
5:30p–6:00p	HIIT	TRAINING STUDIO	TAYLOR
6:15p–7:00p	STRENGTH + TONE	TRAINING STUDIO	TAYLOR
7:15p–8:00p	CYCLE	TRAINING STUDIO	ALISHA
8:15p–9:00p	CARDIO KICKBOXING	DANCE STUDIO	KELSEY M.

FRIDAY

10:00a–10:45a	SUNRISE YOGA	TRAINING STUDIO	TESS
11:00a–12:00p	POWER HOUR	TRAINING STUDIO	REED
12:45p–1:30p	CYCLE	TRAINING STUDIO	ALISHA
2:45p–3:30p	ZUMBA®	DANCE STUDIO	SAVANNAH

- **FREE** to UL students, faculty/staff, and spouse members
- ALL levels and abilities welcomed
- No classes: 9/2, 10/3, 10/4
- Check social media for any updates through the semester

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