



UNIVERSITY of
LOUISIANA
L A F A Y E T T E

Recreational
Sports

GROUP EXERCISE FALL 2025



MONDAY

RAGIN BURN

TRAINING STUDIO

5PM - 6PM

HAILEE

CYCLING

TRAINING STUDIO

6PM - 7PM

SYDNEY

TUESDAY

CYCLING

TRAINING STUDIO

4PM - 5PM

MADDIE

SPICY YOGA

DANCE STUDIO

5PM - 6PM

KAYLA

WEDNESDAY

BODY BURN

TRAINING STUDIO

6:45AM-7:45AM

AJ

YOGA

DANCE STUDIO

6PM - 7PM

ALEX

MEDITATION FLOW

MINDFULNESS STUDIO

7PM-7:45PM

ANISSA

THURSDAY

EARLY BIRD BURN

TRAINING STUDIO

7AM - 8AM

SOPHIE

ZUMBA

DANCE STUDIO

4PM - 5PM

AVERY

HIIT

TRAINING STUDIO

5PM-6PM

AYDEN

FRIDAY

WATER AEROBICS

LEISURE POOL

12:30PM - 1:30PM

SYDNEY

PARTNER POWER HOUR

TRAINING STUDIO

2PM - 3PM

MADELYN & ATHENA

YOGA

DANCE STUDIO

4PM - 5PM

MARQUESIA



FOLLOW US @ULRECSPORTS

NO REGISTRATION NEEDED