

# GROUP EXERCISE

## SPRING 2025 SCHEDULE

### MONDAY    TUESDAY    WEDNESDAY    THURSDAY    FRIDAY

**4pm-5pm**  
Strength & Tone  
**Maddie**  
 Training Studio

**5pm-6pm**  
Power Hour  
**Keely M.**  
 Training Studio

**5:00pm-6:00pm**  
Spicy Yoga  
**Kayla**  
 Dance Studio

**6pm-7pm**  
Women & Weights  
**Sophie**  
 Training Studio

**4pm-5pm**  
Hatha Yoga  
**Anissa**  
 Mind & Body Studio

**5:30pm-6:30pm**  
Cycle  
**Tia**  
 Training Studio

**6pm-7pm**  
Cycle  
**Kaitlyn A.**  
 Training Studio

**6:00pm-7:00pm**  
Cycle  
**Maddie**  
 Training Studio

**6:00pm-6:45pm**  
Stretch & Meditation  
**Anissa**  
 Mind and Body Studio

\*Body Burn begins in March\*

\*No Registration needed\*  
 Spring classes end May 9th, 2025



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

**Recreational Sports**