

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 a.m.			Yoga Flow (60)				
	F45 (\$)	F45 (\$)	F45 (\$)	F45 (\$)	F45 (\$)		
6:30 a.m.	BodyPump™ (60)	TRX® (45)	BodyPump™ (60)	Cycle and Core (50)	Yogalates		
7:00 a.m.	Yoga			TRX® (45)			
7:15 a.m.		Yoga Flow		Yoga Flow			
7:30 a.m.					BodyPump™ (60)		
9:00 a.m.							
9:30 a.m.						F45 (\$)	
10:30 a.m.				H.I.I.T. (45)	Barre (50)	Cycle (60)	
							F45 (\$)
10:45 a.m.						F45 (\$)	
12:00 p.m.	F45 (\$)	F45 (\$)	F45 (\$)	F45 (\$)	F45 (\$)		
	H.I.I.T. (45)	TRX® (45)	Barre (50)	TRX® (45)	Yoga	DanceH.I.I.T.	Cycle (60)
	Cycle and Core (50)		Cycle (45)		Cycle and core (50)		
	Pilates	BodyPump™ (50)	Full Body Workout (50)	BodyPump™ (50)	ZUMBA® (50)		
04:00 p.m.	ZUMBA®	H.I.I.T. (45)		H.I.I.T. (45)			BodyPump™
04:10 p.m.	BodyPump™ (60)	ZUMBA® (50)	BodyPump™ (60)	ZUMBA® (50)			
	Yoga Flow		Yoga Flow				
	Cycle and Core (50)						
04:30 p.m.		Cycle (45)	Pound (50)	Cycle (45)	Cycle (45)		
05:15 p.m.	Cycle (45)	Yoga Flow	CycleBarre (50)	Yoga Flow	Cardio Dance		Yoga Flow (75)
		BodyPump™ (60)		BodyPump™ (60)			
05:20 p.m.	BodyPump™ (60)		BodyPump™ (60)				
	Cardio Dance (50)		Cardio Kickboxing				
05:25 p.m.		Cycle		Cycle			
05:30 p.m.	F45 (\$)	F45 (\$)	F45 (\$)	F45 (\$)	F45 (\$)		
	Yoga	Cardio Dance (50)	Yoga	Cardio Dance (50)	BodyPump™ (60)		
					Yoga Flow		
06:10 p.m.	Cycle (45)		Cycle (45)				
06:30 p.m.	F45 (\$)	F45 (\$)	F45 (\$)	F45 (\$)			
	Bootcamp (50)		DanceH.I.I.T. (50)				
		Cycle (45)		Cycle (45)			
06:40 p.m.		BodyPump™ (60)		BodyPump™ (60)			
	Barre Burn (50)	TRX® (45)	Pilates	Cardio Kickboxing (50)			
	Cardio Dance (50)		TRX® (45)				
07:10 p.m.	Cycle (45)		Cycle (45)				
07:30 p.m.	BodyPump™ (60)		BodyPump™ (60)				
07:40 p.m.		Yoga		Yoga Flow			
	DanceH.I.I.T.	Cardio Dance	Latin Dance	Cardio Dance			

# SPRING GROUP FITNESS

Monday, January 7 - Friday, April 26

All classes are 60 minutes in length unless otherwise noted. Please visit [wellrec.ncsu.edu](http://wellrec.ncsu.edu) for modified schedule dates.

NC STATE UNIVERSITY

Wellness and Recreation

Studio 1206

Studio A

Studio B

Studio C

Studio D