<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| 6:45am | Yoga Sculpt  
Bonnie > MP3/4  
Cycle Strength  
Ryan > Studio  | Fit Yoga  
Sarah > Beacon Rm  
CSI  
Fernando > MP3/4  
Cycle Express  
Lara > Studio  | Yoga Sculpt  
Chloe > MP3/4  | Yoga Flow  
Sarah S > Beacon Rm  
Bootcamp  
Fernando > MP3/4  
Cycle Strength  
Bonnie > Studio  |                     |
| 7:45am |                                             | Cycle Express  
Lara > Studio  |                                            |                                              | Yoga Flow  
Nicci > MP6  |
| 6:45am | Yoga Flow  
Addy > Beacon Rm  | Yoga Flow  
Katie > Beacon Rm  
Zumba  
Deanne > MP3/4  | Fit Yoga  
Lisa > Beacon Rm  
CSI Express  
Sam > MP3/4  | Zumba  
Deanne > MP1/2  
CSI  
Fernando > MP3/4  
Cycle Strength  
Lauren K > Studio  | Yoga Flow  
Fit Yoga  
Jaye > MP6  
Yoga Flow  
Chloe > MP3/4  |
| 7:45am |                                             |                                             |                                            |                                              |                                             |
| 6:45am | Kettlebells  
Sam > MP1/2  |                                             |                                             |                                             | Zumba  
Nicole > MP3/4  |
| 7:45am |                                             |                                             |                                            |                                              |                                             |
| 6:45am | Yoga Flow  
Chloe > MP3/4  | Yoga Sculpt  
Chloe > MP3/4  | Yoga Sculpt  
Alex > MP3/4  |                                             |                                             |
| 7:45am |                                             |                                             |                                            |                                              |                                             |
| 6:45am | Yoga Sculpt  
Chloe > MP3/4  |                                             |                                             |                                              |                                             |
| 7:45am |                                             |                                             |                                            |                                              |                                             |
| 6:45am | Yoga Flow  
Sarah > Beacon Rm  |                                             |                                             | Yoga Flow  
Melvin > MP6  |                                             |
| 7:45am |                                             |                                             |                                            |                                             |                                             |

**LOCATIONS**

- Studio  
  - Lower Level  
- MP1-MP4  
  - 2nd Floor  
- Beacon Room  
  - 2nd Floor  
- MP6-MP7  
  - 4th Floor  
- Cooke 10  
  - North Pool

**NOTES**

- All classes held during Spring Break are **FREE**
- Must have valid access to facility
- Classes are held on first come, first serve basis
- Consult a physician before starting any exercise program

[recwell.umn.edu/fitness]