



MINNEAPOLIS
Recreation & Wellness Center
May 22 - August 11 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45am	Yoga Flow Sarah S > MP 6 Cycle Express Lara > Studio	Total Body Strength Desyreé > MP 3/4	Power Yoga Ariel > MP 6 Cycle Express Sam > Studio	HIIT Desyreé > MP 3/4 Yoga Flow Jay > MP 6	Power Yoga Sarah > MP 6 Cycle Express Lara > Studio		
10:15am						Yoga Flow Sarah > MP 6	
12:00pm	TRX Express Sam > MP 3/4 Pilates Ginny > MP 1/2	Zumba Ariel > MP 1/2 HIIT Express Sarah G > MP 3/4 Cycle Express Rabia > Studio	Yoga Sculpt Bonnie > MP 3/4 Kundalini Yoga Stacey > Beacon Rm	Zumba Deanne > MP 1/2 Power Yoga Ariel > Beacon Rm	Shockwave Greg > MP 3/4 Yoga Flow Anna B > Beacon Rm	Zumba Ariel > Beacon Rm	
4:00pm					Zumba Evgeniya > Beacon Rm		
4:45pm	Power Yoga Jay > MP 6		HardCORE (30) Courtney > MP 3/4 Belly Dancing Ariel > MP 6 Power Yoga Jay > Beacon Rm				
5:00pm	Cycle Express Anna B > Studio	HIIT Express Emily > MP 3/4	Cycle Express Rabia > Studio	Total Body Strength Express Emily > MP 3/4			
5:30pm	HIIT Courtney > MP 3/4	Aqua Zumba Nicole > Cooke 10	Total Body Strength Courtney > MP 3/4	Zumba Nicole > Beacon Rm			
6:00pm		Total Body Strength Marin > MP 3/4 Zumba Julia P > Beacon Rm	Zumba Julia P > Beacon Rm	Cardio Kickboxing Marin > Cooke 308 Pilates Andy > MP 6			
6:30pm	Zumba Harika > Beacon Rm Yoga Flow Sammy > MP 6	Yoga Flow Sammy > MP 6		HIIT Julia L > MP 3/4			

Locations

Studio	Lower Level
MP1-MP4	2nd Floor
Beacon Room	2nd Floor
MP6-MP7	4th Floor
Cooke 10	North Pool
Cooke 308	3rd Floor

- Classes are held on first come, first serve basis
- Schedule subject to change during University Holidays and Closures, including May 29 & July 4
- Consult a physician before starting any exercise program
- Please note that Express classes are 45 minutes