

ALL CLASSES ARE FREE - JUST DROP IN!

SRC GROUP FITNESS SCHEDULE

Finals Week Fall 2017

Classroom: SYN = Synrgy Studio DS = Dance Studio AR = Aerobics Room

Please see the back of this schedule for class descriptions.

	Mon, Dec 11	Tues, Dec 12	Wed, Dec 13	Thurs, Dec 14
8:00 - 8:45 AM (SYN)	Ultimate Conditioning Vidhi	Ultimate Conditioning Madeline	Ultimate Conditioning Megan	Ultimate Conditioning Kaleb
12:00 - 12:45 PM (SYN)		Circuit Training Joseph	Circuit Training Audrey	Circuit Training Kaleb
5:00 - 5:45 PM (SYN)	HIIT Joseph & Kaleb		HIIT Joseph & David	
6:00 - 6:45 PM (SYN)		Panther Power Audrey & Megan		Panther Power Anastasiya & David

8:00-8:45 AM (DS)	Yoga Kristi	Yoga Vidhi	Yoga Kristi	Yoga Vidhi
4:00-4:45 PM (DS)	Pilates Vidhi		Pilates Vidhi	Stretch & Relax Hollie & Kaleb
5:00-5:45 PM (DS)	Barre Burn Izabella	WERK! Audrey	Barre Burn Izabella	Pilates Bootay Hollie
6:00-6:55 PM (DS)	Yoga Vidhi	Yoga Kristi	Yoga Vidhi	Yoga Kristi

4:00 - 4:45 PM (AR)	Rock Bottom Kara	Body Bar Anastasiya	Kickboxing Anastasiya	GOOD LUCK ON FINALS!
5:00 - 5:45 PM (AR)	Boot Camp Kara	Rock Bottom Izabella	Boot Camp Kara	
6:00-6:45 PM (AR)			Fast Lab Kaleb	