



Group Exercise Class Schedule

MON	TUE	WED	THU	FRI	SAT
6:30am Cycling Instructor: Crump	7:00am Mat Pilates Instructor: Jill Fisse	6:30am Cycling Instructor: Crump	7:00am Mat Pilates Instructor: Fisse	6:30am Cycling Instructor: Parker	9:45am Funxtion Strong Instructor: Staff
7:00am Bulldog Jam Instructor: Goodman	7:15am Zumba Instructor: Castleberry	8:00am Funxtion Strong Instructor: Virtual	7:15am Zumba Instructor: Castleberry	7:15am Yoga Instructor: Hayes	10:00am Core Barre Instructor: Dudley
7:30am Funxtion HIIT Faculty/Staff Instructor: Virtual	8:00am Funxtion HIIT Instructor: Virtual	9:30am Funxtion Core Instructor: Virtual	10:30am Bulldog Jam Instructor: Anna Beth	12:00pm Funxtion Core Instructor: Virtual	11:00pm Funxtion Core Instructor: Virtual
10:00am Funxtion Strong Instructor: Virtual	10:30am Bulldog Jam Instructor: Goodman	4:00pm Pilates Instructor: Votel	12:00pm Faculty/Staff Pilates Instructor: Fisse	8:30am Bulldog Jam Instructor: Goodman	11:00am Pilates Instructor: Cook
12:30pm Funxtion HIIT Instructor: Virtual	12:00pm Faculty/Staff Pilates Instructor: Fisse	4:15pm Bulldog Strong Instructor: Goodman	12:30pm Cycling Instructor: Boatman	12:00pm Funxtion HIIT Instructor: Virtual	
12:00pm Core Barre Instructor: Dudley	12:30pm Cycling Instructor: Boatman	5:00pm Faculty/Staff Yoga Instructor: Hayes	4:00pm Dance Trance Instructor: Dameron Vines	12:15pm Bulldog Strong Instructor: Goodman	
4:00pm Pilates Instructor: Votel	4:00pm Dance Trance Instructor: Dameron Vines	5:00pm Cycling Instructor: Parker	4:00pm Turf Tuff Instructor: Jackson	3:00pm Pilates Instructor: Votel	
5:00pm Cycling Instructor: Parker	4:00pm Turf Tuff Instructor: Jackson	6:00pm Zumba Instructor: Ingram	5:00pm Bulldog Strong Instructor: Jackson		
5:15pm Pumped up Strength Instructor: Gagnon	5:00pm Bulldog Strong Instructor: Jackson	6:30pm Pilates Instructor: Cook	5:30pm Core Barre Instructor: Stone		
6:00pm Zumba Instructor: Ingram	5:00pm Core Barre Instructor: Gagnon				
Rm: 204	Rm: 216	Rm: 401	Rm: 403	Rm: 408	Rm: 409
Turf Area					