

**For All
Hands**

**SEP
2019**

Group Exercise Schedule

MON

9:00a — NOFFS:
Regeneration
10:15a — Zumba
11:15a — Lunch Crunch
Interval Training
5:30p — Zumba

TUE

11:15a — Fatburner
Cardio
4:30p — Small Group
Functional Training
5:30p — Cycling

WED

9:00a — NOFFS:
Regeneration
10:15a — Zumba
11:15a — Lunch
Crunch Interval
Training
4:45p — Foam Roll
& Stretch
5:30p — Zumba

FRI

9:00a — NOFFS:
Regeneration
10:15a — Zumba
11:15a — Lunch
Crunch Interval
Training

THUR

11:15a — Fatburner
Cardio
4:30p — Small Group
Functional Training
5:30p — Cycling

SAT

10:30a
Cycling

**FITNESS CENTER
BLDG 445**

Questions? 228-871-2668