



FALL SCHEDULE GROUPEX AND F45

MONDAY, OCT. 20 – SATURDAY, DEC. 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yoga 12:10-12:55 p.m. Emma	F45 6:30-7:15 a.m. Bella & Aidan	Barre 12:10-12:55 p.m. Kersten	F45 6:30-7:15 a.m. Laney & Josie	Pilates 12:10-12:55 p.m. Emma	F45 10:30-11:30 a.m. Rotating
F45 12:15-1 p.m. Gentz & Halle	Pilates 12:10-12:55 p.m. Emma	F45 12:15-1 p.m. Jake & Ashley	Yoga 12:10-12:55 p.m. Emma	F45 12:15-1 p.m. Nic & Jocelyn	
Zumba® 5:15-6 p.m. Maddy*	F45 12:15-1 p.m. Kate & Brooke	Primal Flow 5:15-6:15 p.m. Emma	F45 12:15-1 p.m. Kate & Aiden		
F45 5:20-6:05 p.m. Jake & Laney	Club Step 5-6 p.m. Maddy*	F45 5:20-6:05 p.m. Brooke & Bella	CycleFit & Core 5:15-6:15 p.m. Nic		
AMPD-Build 6:15-7 p.m. Kyla	F45 5:20-6:05 p.m. Jocelyn & Aspen	Zumba® 6:30-7:15 p.m. Brittney	F45 5:20-6:05 p.m. Maddy* & Aspen		
	CycleFit + Core 5:30-6:30 p.m. Jake		Tighten & Tone 5:30-6:15 p.m. Brooke		
	Yoga 6:15-7:15 p.m. Kayla		Zumba® 6:30-7:15 p.m. Brittany		
	Zumba® 7:30-8:15 p.m. Chania				



*Class instructed by
Maddy Mularski
Navigation Specialist-
Fitness/Wellness



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