

BREAK WEEK

January 5-9

Fitness Classes



Monday

F45 at 12:15 p.m.

Tuesday

Barre at 12:10 p.m.

F45 at 12:15 p.m.

Wednesday

Yoga at 12:10 p.m.

F45 at 12:15 p.m.

Thursday

Tighten & Tone at 12:10 p.m.

F45 at 12:15 p.m.

Friday

F45 at 12:15 p.m.



WESTERN MICHIGAN UNIVERSITY
University Recreation