

# GROUP EXERCISE & YOGA SCHEDULE

**FINALS 2018**  
**APRIL 26<sup>TH</sup>-MAY 12<sup>TH</sup>**

THURS 4/26	FRI 4/27	SAT 4/28	SUN 4/29	MON 4/30	TUES 5/1	WED 5/2	THURS 5/3	FRI 5/4
BODYCOMBAT 7:00am-8:00am Ben Studio 409	BODYPUMP 7:00am-8:00am Kathleen Studio 409	Spin 60 9:00am-10:00am Adrienne Studio 306	Spin 60 3:00pm-4:00pm Adrienne Studio 306	Strength & Conditioning 7:00am-8:00am Lulu Studio 409	BODYATTACK 7:00am-8:00am Nellie Studio 409	BODYPUMP 7:00am-8:00am Nellie Studio 409	BODYCOMBAT 7:00am-8:00am Ben Studio 409	BODYPUMP 7:00am-8:00am Kathleen Studio 409
Aqua Fitness 7:15am-8:00am Miles Sheerr Pool	CXWORX 8:00am-8:30am Kathleen Studio 409	Spin 45 10:15am-11:00am Adrienne Studio 306	Zumba 3:45-4:45pm Shira Studio 409	Yoga 8:00am-9:00am Michael Studio 414	Yoga Foundations 9:30am-11:00am Betty Studio 414	Kickboxing 7:00am-7:45am Lulu Studio 305	Aqua Fitness 7:15am-8:00am Miles Sheerr Pool	CXWORX 8:00am-8:30am Kathleen Studio 409
BODYPUMP 12:00-1:00pm Elizabeth Studio 409	BODYCOMBAT 12:15pm-1:15pm Jacqui Studio 409	Yoga Foundations 10:30am-12:00pm Betty Studio 414	Yoga 4:00pm-5:00pm Miles Studio 414	Mat Pilates 11:00am-11:45am Diane Studio 311	Spin 45 12:30pm-1:15pm Michael Studio 306	Mat Pilates 8:00am-8:45am Angie Studio 311	Spin 45 8:00am-8:45am Rachel Studio 306	Spin 45 12:30pm-1:15pm Sarah Studio 306
Spin 45 12:30pm-1:15pm Michael Studio 306	Spin 45 12:30pm-1:15pm Sarah Studio 306	Zumba 12:30pm-1:30pm Chenelle Studio 409	Meditation 5:00pm-5:45pm Miles Studio 414	Strength & Conditioning 12:00pm-12:50pm Chloe Studio 409	Spin 45 4:00pm-4:45pm Rachel Studio 306	Barre 10:00am-10:45am Diane Studio 305	BODYPUMP 12:00pm-1:00pm Abby Studio 409	BODYCOMBAT 12:15pm-1:15pm Jacqui Studio 409
Vinyasa Flow 12:30-1:30pm Paula Studio 414	Meditation 4:00pm-4:45pm Rand Studio 409			Spin 45 12:30pm-1:15pm Sarah Studio 306	Vinyasa Flow 4:15pm-5:15pm Paula Studio 414	Mat Pilates 11:00am-11:45am Diane Studio 311	Spin 45 12:30pm-1:15pm Michael Studio 306	Meditation 4:00pm-4:45pm Rand Studio 409
Spin 45 4:30pm-5:15pm Rachel Studio 306	Yoga 5:00pm-6:00pm Rand Studio 305			Barre 30 1:00pm-1:30pm Diane Studio 305	BODYCOMBAT 5:15pm-6:15pm Ted Studio 409	Vinyasa Flow 12:00pm-1:00pm Jacqui Studio 414	Vinyasa Flow 12:30-1:30pm Paula Studio 414	Yoga 5:00pm-6:00pm Rand Studio 305
Meditation 5:10pm-5:30pm Anita Studio 414	Zumba 5:30pm-6:30pm Myrna Studio 414			Zumba 5:15pm-6:15pm Ray Studio 409	Yin Yoga 5:30pm-6:30pm Anita Studio 305	Spin 45 12:30pm-1:15pm Sarah Studio 306	Spin 45 4:30pm-5:15pm Rachel Studio 306	Zumba 5:30pm-6:30pm Myrna Studio 414
Zumba 5:15pm-6:15pm Shira Studio 409				Spin 45 5:30pm-6:15pm Grant Studio 306	Zumba 6:30pm-7:30pm Ray Studio 409	Spin 45 4:30pm-5:15pm Paula Studio 306	Zumba 5:15pm-6:15pm Shira Studio 409	
Spin 45 5:30pm-6:15pm Jacqui Studio 306				Align & Flow 5:30pm-6:15pm Betty Studio 414	Spin 45 6:30pm-7:15pm Gabi Studio 306	BODYPUMP 5:15pm-6:15pm Abby Studio 409	Meditation 5:10pm-5:30pm Anita Studio 414	
Yoga Stretching 5:35pm-6:35pm Anita Studio 414				Yoga Foundations 6:30pm-7:15pm Betty Studio 414		Spin 45 5:30pm-6:15pm Grant Studio 306	Spin 45 5:30pm-6:15pm Jacqui Studio 306	
CXWORX 6:30pm-7:00pm Dee Studio 409						Lit & Fit Bootcamp 6:30pm-7:30pm Khalil Studio 409	Yoga Stretching 5:35pm-6:35pm Anita Studio 414	
Zumba 7:15pm-8:15pm Jen Studio 409						Zumba 7:45pm-8:45pm Myrna Studio 409	CXWORX 6:30pm-7:00pm Dee Studio 409	
SAT 5/5	SUN 5/6	MON 5/7	TUES 5/8	WED 5/9	THURS 5/10	FRI 5/11	SAT 5/12	
Spin 60 9:00am-10:00am Adrienne Studio 306	Zumba 3:45-4:45pm Shira Studio 409	Spin 60 7:00am-8:00am Lulu Studio 306	Strength & Conditioning 7:00am-8:00am Lulu Studio 409	Kickboxing 7:00am-7:45am Lulu Studio 305	BODYCOMBAT 7:00am-8:00am Ben Studio 409	BODYPUMP 7:00am-8:00am Kathleen Studio 409	Spin 60 9:00am-10:00am Adrienne Studio 306	
Spin 45 10:15am-11:00am Adrienne Studio 306	Yoga 4:00pm-5:00pm Miles Studio 414	Yoga 8:00am-9:00am Michael Studio 414	Yoga Foundations 9:30am-11:00am Betty Studio 414	Barre 10:00am-10:45am Diane Studio 305	Aqua Fitness 7:15am-8:00am Miles Sheerr Pool	CXWORX 8:00am-8:30am Kathleen Studio 409	Spin 45 10:15am-11:00am Adrienne Studio 306	
Yoga Foundations 10:30am-12:00pm Betty Studio 414	Meditation 5:00pm-5:45pm Miles Studio 414	Mat Pilates All Levels 11:00am-11:45am Diane Studio 311	Spin 45 12:30pm-1:15pm Michael Studio 306	Mat Pilates 11:00am-11:45am Diane Studio 311	BODYPUMP 12:00pm-1:00pm Abby Studio 409	Vinyasa Flow 12:00pm-1:00pm Paula Studio 414	Yoga Foundations 10:30am-12:00pm Betty Studio 414	
Zumba 12:30pm-1:30pm Chenelle Studio 409		Zumba 12:00pm-1:00pm Chenelle Studio 409	Vinyasa Flow 4:15pm-5:15pm Paula Studio 414	Vinyasa Flow 12:00pm-1:00pm Jacqui Studio 414	Spin 45 12:30pm-1:15pm Sarah Studio 306	BODYCOMBAT 12:15pm-1:15pm Jacqui Studio 409		
		Barre 30 1:00pm-1:30pm Diane Studio 305	BODYCOMBAT 5:15pm-6:15pm Ted Studio 409	Spin 45 12:30pm-1:15pm Sarah Studio 306	Meditation 5:10pm-5:30pm Anita Studio 414	Spin 45 12:30pm-1:15pm Sarah Studio 306		
		Zumba 5:15pm-6:15pm Ray Studio 409	Yin Yoga 5:30pm-6:30pm Anita Studio 305	BODYPUMP 5:15pm-6:15pm Abby Studio 409	Zumba 5:15pm-6:15pm Shira Studio 409	Meditation 4:00pm-4:45pm Rand Studio 409		
		Align & Flow 5:30pm-6:15pm Betty Studio 414	Spin 45 6:30pm-7:15pm Gabi Studio 306	Lit & Fit Bootcamp 6:30pm-7:30pm Malik Studio 409	Spin 45 5:30pm-6:15pm Jacqui Studio 306	Yoga 5:00pm-6:00pm Rand Studio 305		
		Yoga Foundations 5:30pm-6:15pm Betty Studio 414	Zumba 7:45pm-8:45pm Jen Studio 409	Zumba 7:45pm-8:45pm Myrna Studio 409	Yoga Stretching 5:35pm-6:35pm Anita Studio 414	Zumba 5:30pm-6:30pm Myrna Studio 414		
					CXWORX 6:30pm-7:00pm Dee Studio 409			
					Zumba 7:15pm-8:15pm Jen Studio 409			

**SCHEDULE IS SUBJECT TO CHANGE.**  
**CHECK ONLINE FOR THE MOST UP TO DATE SCHEDULE!**  
[RECREATION.UPENN.EDU/FITNESS-WELLNESS/GROUP-EXERCISE/](http://RECREATION.UPENN.EDU/FITNESS-WELLNESS/GROUP-EXERCISE/)

