<table>
<thead>
<tr>
<th>THURS 4/26</th>
<th>FRI 4/27</th>
<th>SAT 4/28</th>
<th>SUN 4/29</th>
<th>MON 4/30</th>
<th>TUES 5/1</th>
<th>WED 5/2</th>
<th>THURS 5/3</th>
<th>FRI 5/4</th>
</tr>
</thead>
<tbody>
<tr>
<td>BODYCOMBAT</td>
<td>7:00am-8:00am</td>
<td>Ben Studio 409</td>
<td>7:00am-8:00am</td>
<td>Kathleen Studio 409</td>
<td>9:00am-10:00am</td>
<td>Adrienne Studio 306</td>
<td>Spin 60</td>
<td>4:00pm-5:00pm</td>
</tr>
<tr>
<td>Aqua Fitness</td>
<td>7:15am-8:00am</td>
<td>Miles Sheerr Pool</td>
<td>CXWORX</td>
<td>8:00am-8:30am</td>
<td>Kathleen Studio 409</td>
<td>Spin 45</td>
<td>10:15am-11:00am</td>
<td>7:00am-8:00am</td>
</tr>
<tr>
<td>BODYCOMBAT</td>
<td>12:00-1:00pm</td>
<td>Elizabeth Studio 409</td>
<td>Yoga Foundations</td>
<td>10:30am-12:00pm</td>
<td>Betty Studio 414</td>
<td>Yoga</td>
<td>8:00am-9:00am</td>
<td>Betty Studio 414</td>
</tr>
<tr>
<td>Vinyasa Flow</td>
<td>12:30-1:30pm</td>
<td>Sarah Studio 306</td>
<td>Yoga</td>
<td>4:00pm-5:00pm</td>
<td>Miles Studio 414</td>
<td>Mat Pilates</td>
<td>11:00am-11:45am</td>
<td>Michael Studio 306</td>
</tr>
<tr>
<td>Meditation</td>
<td>5:10pm-5:30pm</td>
<td>Myrna Studio 414</td>
<td>Yoga</td>
<td>5:30pm-6:15pm</td>
<td>Grant Studio 305</td>
<td>Meditation</td>
<td>5:00pm-5:45pm</td>
<td>Miles Studio 414</td>
</tr>
<tr>
<td>Zumba</td>
<td>5:15pm-6:15pm</td>
<td>Ray Studio 409</td>
<td>Align &amp; Flow</td>
<td>5:30pm-6:15pm</td>
<td>Betty Studio 414</td>
<td>Yoga Foundations</td>
<td>6:30pm-7:15pm</td>
<td>Betty Studio 414</td>
</tr>
<tr>
<td>Spin</td>
<td>4:00pm-5:00pm</td>
<td>5:30pm-6:15pm</td>
<td>Annette Studio 414</td>
<td>6:30pm-7:30pm</td>
<td>yoga.com</td>
<td>Yoga</td>
<td>6:30pm-7:15pm</td>
<td>Gaby Studio 306</td>
</tr>
<tr>
<td>Vinyasa Flow</td>
<td>12:30-1:30pm</td>
<td>Sarah Studio 306</td>
<td>Meditation</td>
<td>5:00pm-6:15pm</td>
<td>Dee Studio 409</td>
<td>Yoga Foundations</td>
<td>6:30pm-7:15pm</td>
<td>Betty Studio 414</td>
</tr>
<tr>
<td>Meditation</td>
<td>5:10pm-5:30pm</td>
<td>Dee Studio 409</td>
<td>yoga.com</td>
<td>6:30pm-7:00pm</td>
<td>Dee Studio 409</td>
<td>Yoga Foundations</td>
<td>6:30pm-7:15pm</td>
<td>Betty Studio 414</td>
</tr>
</tbody>
</table>

**Schedule is subject to change. Check online for the most up to date schedule!**

Recreation.upenn.edu/

Fitness-wellness/group-exercise/