

ETSU

GROUP FITNESS

Finals Week Stress Buster Classes

Mon 12/10 Tues 12/11 Wed 12/12 Thu 12/13 Fri 12/14

<p>HydroFit 6:30-7:30AM Mia</p> <p>Noon Cycle 12-1:00 pm Kim M</p> <p>Zumba 12-1:00 pm Leanna</p> <p>Yoga 101 4-5:00 pm Sheri</p> <p>Total Body Conditioning 5-6:00 pm Amy</p> <p>Beginner Yoga 5:30-6:45 pm Sheri</p> <p>Buti Yoga 6-7:15 pm Karie</p> <p>Judo 6-7:40 pm Dr. Rowe</p>	<p>HIIT Express 10:30-11 am Lauren N</p> <p>Krav Maga 11am-noon Lauren</p> <p>Total Body Strength and Conditioning 12:15-1 pm Lauren N</p> <p>Meditation 4-5:00 pm Jesse</p> <p>Strong and Steady Flow 5-6:00 pm Rachel</p> <p>HydroFit 5:30-6:30 pm Mia</p>	<p>Noon Cycle 12-1:00 pm Kim M</p> <p>Pilates 5-6:00 pm Lauren</p> <p>Hip Hop Yoga 6-7:00 pm Jessica W</p> <p>Judo 6-7:40 pm Dr. Rowe</p>	<p>HIIT Express 10:30-11 am Lauren N</p> <p>Krav Maga (11am-noon) Lauren</p> <p>Total Body Strength and Conditioning 12:15-1 pm Lauren N</p> <p>HydroFit 5:30-6:30 pm Mia</p>	<p>Noon Cycle 12-1:00 pm Nani</p> <p>Yin Yoga (12-1:15pm) Sheri</p> <p>Restorative Yoga (1:30-2:30pm) Sheri</p>
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<p>Main Group Fitness Studio</p> <p>Cycle Studio</p> <p>Yoga Studio</p> <p>Pool</p> <p>Martial Arts Studio</p>
