

# SPRING 2019 FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:00-5:00pm Boot Camp with Ava	2:45pm-3:45pm Lifting with Lucy	4:00-4:55pm Group Cycle with Lucy	5:00-6:00pm Total Body Sculpt with Rachel	3:30-4:30pm Mindful Yoga with Rose
5:15-6:15pm HIIT with Allison	4:00-5:00pm Pilates with Isabel	5:00-6:00pm Yoga with Morgan	6:00-6:55pm Kickboxing with Maddie	<b>SATURDAY</b>
6:30-7:30pm Bollywood Hip Hop with Manasa	5:00-5:55pm Total Body Sculpt with Maddie	6:15-7:15pm Pilates with Isabel	7:00-8:00pm Twerk Fit with Alexia	
	6:00-7:00pm Yoga with Tiffany			11:00am- 12:00pm Pilates with Isabel

**CLASSES RUN JANUARY 14-MAY 3**

**NO CLASSES JANUARY 21, MARCH 11-15, OR APRIL 18-22**



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