

SPRING SCHEDULE

**GROUP
FITNESS**

F45

STUDIOSEVEN
7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
F45 6:30 - 7:30 AM	CYCLE 6:30 - 7:00 AM	CYCLE 6:30 - 7:00 AM	SUNRISE YOGA 6:30 - 7:30 AM	FUSION FLOW 7:30 - 8:30 AM	CYCLE 8:30 - 9:15 AM
CYCLE 7:00 - 7:30 AM	SUNRISE YOGA 6:30 - 7:30 AM	VINYASA YOGA 7:00 - 8:00 AM	F45 6:30 - 7:30 AM	RIDE-REP-RESTORE 9:00 - 10:15 AM	REP & RESTORE 9:30 - 10:30 AM
FUSION FLOW 7:00 - 8:00 AM	F45 7:00 - 8:00 AM	F45 7:00 - 8:00 AM	CYCLE 7:00 - 7:30 AM	F45 10:00 - 11:00 AM	F45 10:00 - 11:00 AM
CYCLE 8:15 - 8:45 AM	OPTIMIZE 7:00 - 8:00 AM	CYCLE 8:15 - 8:45 AM	OPTIMIZE 7:00 - 8:00 AM	CYCLE 10:45 - 11:15 AM	FUSION FLOW 12:00 - 1:00 PM
BEARDOWN BOOTCAMP 9:00 - 9:45 AM	CYCLE 8:30 - 9:00 AM	F45 9:00 - 10:00 AM	STEP & CORE 8:00 - 8:45 AM	OPTIMIZE 11:30 - 12:30 PM	F45 1:00 - 2:00 PM
F45 9:30 - 10:30 AM	F45 9:30 - 10:30 AM	FUSION FLOW 9:30 - 10:15 AM	CYCLE 8:30 - 9:00 AM	F45 12:00 - 1:00 PM	FUSION FLOW 2:30 - 3:30 PM
CYCLE 11:15 - 11:45 AM	CYCLE 11:00 - 11:30 AM	CYCLE 11:15 - 11:45 AM	F45 9:00 - 10:00 AM	VINYASA YOGA 12:00 - 1:00 PM	
OPTIMIZE 11:30 - 12:30 PM	F45 12:00 - 1:00 PM	F45 12:00 - 1:00 PM	CYCLE 11:00 - 11:30 AM	CYCLE 1:00 - 1:45 PM	
F45 12:00 - 1:00 PM	F45 2:00 - 3:00 PM	FUSION FLOW 12:00 - 12:45 PM	IGNITE 11:30 - 12:30 PM	F45 2:30 - 3:30 PM	YOGA & MEDITATION 10:30 - 11:30 AM
VINYASA YOGA 12:00 - 1:00 PM	CYCLE 2:30 - 3:15 PM	CYCLE 2:00 - 2:45 PM	F45 12:00 - 1:00 PM	COMMIT DANCE 3:00 - 4:00 PM	F45 11:00 - 12:00 PM
CYCLE 2:00 - 2:45 PM	MAT PILATES 3:00 - 3:45 PM	F45 2:00 - 3:00 PM	CYCLE 2:30 - 3:15 PM	YOGA & MEDITATION 3:00 - 4:00 PM	CYCLE 1:30 - 2:00 PM
F45 2:30 - 3:30 PM	YOGA FOR RECOVERY 5:00 - 6:00 PM	MAT PILATES 4:00 - 4:45 PM	F45 2:30 - 3:30 PM	CYCLE 4:00 - 4:45 PM	F45 2:30 - 3:30 PM
POWER YOGA 3:00 - 3:45 PM	F45 5:15 - 6:15 PM	RIDE & REP 4:30 - 5:30 PM	FUSION FLOW 3:30 - 4:15 PM	F45 5:00 - 6:00 PM	YOGA SCULPT 3:00 - 4:00 PM
CYCLE 4:00 - 4:45 PM	CYCLE 5:30 - 6:15 PM	MIXXEDFit® 5:00 - 6:00 PM	CYCLE 4:30 - 5:15 PM	HAPPY HOUR 5:15 - 6:15 PM	F45 4:30 - 5:30 PM
IGNITE 5:00 - 6:00 PM	IGNITE 5:30 - 6:30 PM	IGNITE 5:00 - 6:00 PM	POWER YOGA 5:00 - 6:00 PM		PLAY 5:00 - 6:00 PM
F45 5:15 - 6:15 PM	MIXXEDFit® 5:45 - 6:30 PM	F45 5:30 - 6:30 PM	F45 5:30 - 6:30 PM		CYCLE 6:15 - 7:00 PM
GENTLE YOGA 6:15 - 7:15 PM	F45 7:00 - 8:00 PM	VINYASA YOGA 6:15 - 7:15 PM	IGNITE 5:30 - 6:30 PM		
CYCLE 6:45 - 7:30 PM	CYCLE 7:15 - 8:00 PM	F45 7:00 - 8:00 PM	MIXXEDFit® 5:45 - 6:30 PM		
F45 7:00 - 8:00 PM		CYCLE 7:30 - 8:15 PM	CYCLE 6:15 - 7:00 PM		
ZUMBA 8:00 - 8:45 PM		ZUMBA 8:00 - 8:45 PM	FUSION FLOW 7:30 - 8:30 PM		

Sunday

YOGA & MEDITATION 10:30 - 11:30 AM
F45 11:00 - 12:00 PM
CYCLE 1:30 - 2:00 PM
F45 2:30 - 3:30 PM
YOGA SCULPT 3:00 - 4:00 PM
F45 4:30 - 5:30 PM
PLAY 5:00 - 6:00 PM
CYCLE 6:15 - 7:00 PM

CLASS FORMAT

STRENGTH	STUDIO SEVEN
MIND & BODY	F45
STRENGTH & CARDIO	CARDIO

JAN 11 - MAY 3

NO CLASSES: JAN 16 | MAR 4 - 12 | APR 8 - 9

LOCATIONS

LARSON (SREC)

CYCLE (SREC)

DESERT (NREC)

SUNSET (NREC)

ROOM B (SREC)

QUEENAX (NREC)

HONORS VILLAGE

Reserve your spot:
imleagues

@uazcampusrecfitness



01/17/23

FITNESS & WELLNESS



Check Website for LATEST UPDATES



**CAMPUS
RECREATION**