

WARHAWK FITNESS

GROUP FITNESS SCHEDULE

FALL 2024



Monday	Tuesday	Wednesday	Thursday	Friday
MIND-BODY	CARDIO	CYCLING	STRENGTH	MASH-UP
	7:15a - 8a CYCLING (45 min)			Flex Friday Schedule 11a - 1:30p
4:30p - 5:30p CYCLING (60 min)	4:45p - 5:15p BELOW THE BELT	4:30p - 5:30p CYCLING (60 min)	4P - 4:45P 30M HIIT + CORE 360	
4:45p - 5:30p 30M HIIT + CORE 360	5:15p - 5:30p CORE 360	4:30p - 5:15p TOTAL BODY 45	4:30p - 5:15p CYCLING (45 min)	
5:30p - 6:15p GROUP STRENGTH + CORE 360	5:30p - 6:15p STEP	5:15p - 5:30p CORE 360	4:45p - 5:30p TOTAL SUSPENSION	
6p - 7p CYCLING (60 min)	5:30p - 6:15p CYCLING (45 min)	5:30p - 6:15p BARBELL	5:30p - 6:30p CYCLING (60 min)	
6:15p - 7p STEP	6:15p - 7p BARBELL	6:15p - 7P GROUP STRENGTH + CORE 360	5:30P - 6P BELOW THE BELT	
7p - 8p YOGA	7p - 8p YOGA	6:15p - 7:15P CYCLING (60 min)	6P - 6:15P CORE 360	
		7p - 8p YOGA	6:15p - 7:15p YOGA	



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TO RESERVE YOUR SPOT IN ANY CLASS!
*CLASSES AVAILABLE 7 DAYS IN ADVANCED,
SPACE IS LIMITED*