

AGGIEFIT SCHEDULE

JANUARY 20 - JANUARY 24

MONDAY



TUESDAY

7:00 am - 8:00 am
Yoga (Keara)

12:00 pm - 1:00 pm
Spin (Chris)

12:00 pm - 1:00 pm
Yoga (Sam)

6:00 pm - 7:00 pm
Yoga (Sam)

6:00 pm - 7:00 pm
Mat Pilates (Kelsie)

WEDNESDAY

6:15 am - 7:00 am
Spin (Miley)

7:00 am - 8:00 am
Yoga (Sam)

8:00 am - 9:00 am
Mat Pilates (Kelsie)

12:00 pm - 1:00 pm
Core Strength (Dessie)

12:00 pm - 1:00 pm
Yoga (Sam)

12:00 pm - 1:00 pm
Spin (Deandria)

5:30 pm - 6:30 pm
Spin (Chris)

6:00 pm - 7:00 pm
Yoga (Sam)

THURSDAY

7:00 am - 8:00 am
Yoga (Keara)

12:00 pm - 1:00 pm
Spin (Chris)

12:00 pm - 1:00 pm
Yoga (Sam)

12:00 pm - 1:00 pm
Zumba Toning (Erika)

6:00 pm - 7:00 pm
Yoga (Sam)

6:00 pm - 7:00 pm
Mat Pilates (Kelsie)

FRIDAY

6:15 am - 7:00 am
Spin (Miley)

7:00 am - 8:00 am
Yoga (Sam)

12:00 pm - 1:00 pm
Core Strength (Dessie)

12:00 pm - 1:00 pm
Yoga (Sam)

6:00 pm - 7:00 pm
Yoga (Sam)

6:45 pm - 7:45 pm
Mat Pilates (Kelsie)