




GROUP FITNESS CLASS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
 WAKE CYCLE 8-8:30am	 WAKE CYCLE 7-7:45am	 WAKE CYCLE 8-8:30am	 WAKE CYCLE 7-7:45am	 VINYASA FLOW 12-1pm	 CORE 10:30-11am	 BODYPUMP 4-4:45pm
 VINYASA FLOW 12:05-12:50pm	 PILATES 12:05-12:50pm	 YOGALATES 12:05-12:50pm	 PILATES 12:05-12:50pm	 VINYASA FLOW 4-5pm	 VINYASA FLOW 11am-12pm	 WAKE CYCLE 5-5:45pm
 BODYPUMP 4-4:45pm	 BODYPUMP 4-4:45pm	 BODYPUMP 4-4:45pm	 WAKE STRENGTH 12:05-12:50pm	 WAKE CYCLE 4:30-5:15pm		 VINYASA FLOW 5-6pm
 DEACFIT 4-4:45pm	 WAKE CYCLE 4:30-5:15pm	 DEACFIT 4-4:45pm	 WAKE CYCLE 4:30-5:15pm			 RESTORATIVE YOGA 7-8pm
 PILATES 4:15-5pm	 CARDIO DANCE 5-5:45pm	 PILATES 4:15-5pm	 CARDIO DANCE 5-5:45pm			
 WAKE CYCLE 4:30-5:15pm	 VINYASA FLOW 5:15-6pm	 WAKE CYCLE 4:30-5:15pm	 YOGA SCULPT 5:15-6pm			
 CARDIO DANCE 5-5:45pm	 WAKE CYCLE 6-6:45pm	 CARDIO DANCE 5-5:45pm	 WAKE CYCLE 6-6:45pm			
 VINYASA FLOW 5:30-6:15pm	 DEACFIT 6-6:45pm	 VINYASA FLOW 5:30-6:15pm	 DEACFIT 6-6:45pm			
 CORE 6-6:30pm	 CORE SCULPT 6:15-7pm	 BODYBALANCE 6-6:45pm	 VINYASA FLOW 6:45-7:45pm			
 WAKE CYCLE 6:30-7pm		 WAKE CYCLE 6-6:45pm				

Sign Up Online!

Classes are subject to change.

Stay updated by checking the
digital schedule at
go.wfu.edu/groupfitness
or using the QR code.



MindBody Studio
B203

Cycle Studio
B251

Group Fitness Studio
B201

Functional Floor
3rd Floor