

# GROUP FITNESS CLASS SCHEDULE

**MON**



**PILATES**

12-12:45pm



**BODYPUMP**

12-12:45pm

**WED**



**YOGA**

12-12:45pm

**THU**



**BODYPUMP**

12-12:45pm



**BODYPUMP**

5:15-6:00pm



**CARDIO DANCE**

5-5:45pm



**CARDIO DANCE**

5-5:45pm



**WAKE CYCLE**

5:15-6pm

## Sign Up Online!

Classes are subject to change.

Stay updated by checking the  
digital schedule at  
**[go.wfu.edu/groupfitness](https://go.wfu.edu/groupfitness)**  
or using the QR code.



Group Fitness Studio  
B201

MindBody Studio  
B203

Cycle Studio  
B251