










































# Wake Forest GROUP FITNESS

## FALL 2025 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 12:05-12:50PM	 BODYPUMP 10:30-11:30AM	 BODYPUMP 4-4:45PM
 PILATES 12:05-12:50PM	 BODYPUMP 12:05-12:50PM	 VINYASA FLOW 12:05-12:50PM	 BODYPUMP 12:05-12:50PM	 PILATES 3:30-4:15PM	 WAKE CYCLE 5-5:45PM	
 BODYPUMP 4-4:45PM	 PILATES 12:05-12:50PM	 BODYPUMP 4-4:45PM	 PILATES 12:05-12:50PM	 BODYPUMP 4-4:45PM		
 SHAPES 4:30-5:15PM	 BODYPUMP 4-4:45PM	 VINYASA FLOW 4:15-5PM	 PILATES 4:15-5PM	 WAKE CYCLE 4:30-5PM	<div>VIEW OUR LATEST SCHEDULE ONLINE!</div> <div>Classes are subject to change.</div> <div>Classes operate on a first-come, first-serve basis!</div> <div>Listed time is class start time.</div> 	
 WAKE CYCLE 4:30-5:15PM	 WAKE CYCLE 4:30-5:15PM	 WAKE CYCLE 4:30-5:15PM	 WAKE CYCLE 4:30-5:15PM			
 CARDIO DANCE 5:15-6PM	 CARDIO DANCE 5-5:45PM	 CARDIO DANCE 5-5:45PM	 CARDIO DANCE 5:15-6PM			
 VINYASA FLOW 5:30-6:15PM	 VINYASA FLOW 6-6:45PM	 PILATES 5:15-6PM	 BODYBALANCE 6-6:45PM			
 WAKE CYCLE 6-6:45PM	 WAKE CYCLE 6:30-7PM	 WAKE CYCLE 6-6:45PM	 BODYPUMP 6:15-7PM			
			 WAKE CYCLE 6:30-7PM			
				CYCLE STUDIO B251	MINDBODY STUDIO B203	GROUP FITNESS STUDIO B201

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SCHEDULE ONLINE!

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first-come, first-serve basis!  
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CYCLE STUDIO  
B251

MINDBODY STUDIO  
B203

GROUP FITNESS STUDIO  
B201