Wake Forest GROUP FITNESS

2025 SCHEDULE

MON

TUE

WED

THU

FRI

SAT

SUN





















































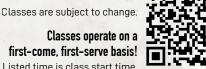




CARDIO DANCE

6-6-45PM









VINYASA FLOW

6-6-45PM

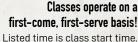


PILATES

5:15-6PM

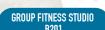






MINDBODY STUDIO

VIEW OUR LATEST





WAKE CYCLE

6-6:45PM









