

Wake Forest GROUP FITNESS

JUNE 1 - JULY 31 SCHEDULE

MON


 **BODYPUMP HVY***
12:05-12:50PM

TUE

 **PILATES**
12:05-12:50PM

 **CARDIO DANCE**
5:00-5:45PM

WED


 **YOGA**
12:05-12:50PM

 **CARDIO DANCE**
5:00-5:45PM

THU

 **BODYPUMP***
12:05-12:50PM

 **PILATES**
12:05-12:50PM

 **SHAPES***
5:15-6:00PM

**GROUP FITNESS STUDIO
B201**

**MINDBODY STUDIO
B203**



**VIEW OUR LATEST
SCHEDULE ONLINE!**

Classes are subject to change.

*Les Mills class

Classes operate on a first-come, first-serve basis!

Listed time is class start time

No classes the week of July 4th

WF **CAMPUS
RECREATION**