<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:45am</td>
<td>Yoga Flow Alex &gt; MP 6</td>
<td>HIIT Fernando &gt; MP 3/4</td>
<td>Body Pump Davin &gt; MP 3/4</td>
<td>Yoga Flow Sara &gt; MP 6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:00pm</td>
<td>Zumba* Mari &gt; Beacon</td>
<td>Zumba* Deanne &gt; MP 1/2</td>
<td></td>
<td>Zumba Deanne &gt; MP 6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30pm</td>
<td></td>
<td></td>
<td>TRX Kia &gt; MP 3/4</td>
<td>Cycle Express Ben &gt; Cycle Studio</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:15pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:45pm</td>
<td>Yoga Flow Alex &gt; MP 6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:00pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:15pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:45 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Classes are held on a first come first serve basis. Schedule subject to change during University Holidays and Closures. Consult a physician before starting any exercise program. Please note that Express classes are 45 min.

By pre-registering for classes, you will receive instant notifications about room changes, cancellations, messages from instructors, and other updates.

Note: You will need a valid FitPass to pre-register for classes. Purchase a Fitpass at shoprecwell.umn.edu.

You can now pre-register for group fitness classes!