

SPRING 2020 GROUP FITNESS & WELLBEING

SUN

YOGA FOR ATHLETES***

10:10-11am

F45 STRENGTH

11-11:45am

F45 STRENGTH

2-2:45pm

J.U.M.P.

5-5:55pm

BARRE

6-7pm

RESTORATIVE YOGA

7:15-8:15pm

MON

F45 CARDIO

7-7:45am

F45 CARDIO

12:15-1pm

J.U.M.P.

5-5:55pm

F45 CARDIO

5:30-6:15pm

BARRE

6-7pm

ENDURANCE RIDE

6-7pm

F45 CARDIO

6:30-7:15pm

YOGA FOR ATHLETES

6:45-7:45pm

VINYASA FLOW

7:15-8:30pm

TUES

F45 STRENGTH

7-7:45am

F45 STRENGTH

12:15-1pm

STRONG 30

5:30-6pm

F45 STRENGTH

5:30-6:15pm

POWER FLOW YOGA

5:30-6:30pm

ENDURANCE RIDE

6-7pm

POP PILATES

6:15-6:45pm

F45 STRENGTH

6:30-7:15pm

ZUMBA

7-8pm

WED

F45 CARDIO

7-7:45am

F45 CARDIO

12:15-1pm

YOGA FOR ATHLETES***

5-6pm

F45 CARDIO

5:30-6:15pm

J.U.M.P.

5:30-6:30pm

F45 CARDIO

6:30-7:15pm

BOXING CIRCUIT

7-8pm

FLOYO

7-8:15pm

POWER FLOW YOGA

7:15-8:15pm

RHYTHM RIDE

7:15-8:15pm

CORE TRAINING

8:20-8:45pm

THUR

F45 STRENGTH

7-7:45am

F45 STRENGTH

12:15-1pm

MINDFUL YOGA

5-5:50pm

STRONG 30

5:30-6pm

F45 STRENGTH

5:30-6:15pm

ENDURANCE RIDE

6-7pm

POP PILATES

6:15-6:45pm

F45 STRENGTH

6:30-7:15pm

ZUMBA

7-8pm

FRI

F45 CARDIO

7-7:45am

F45 CARDIO

12:15-1pm

ENDURANCE RIDE

4-5pm

F45 CARDIO

4:30-5:15pm

CORE & CARDIO

5-5:40pm

VINYASA FLOW

5-6:15pm

F45 CARDIO

5:30-6:15pm

ZUMBA

5:45-6:45pm

SAT

F45 HOLLYWOOD

9:15-10:15am

BOXING CIRCUIT

9:30-10:15am

AFROBEAT

10:30-11:30am

F45 HOLLYWOOD

11am-12pm

SMART FLOW YOGA

12-1:15pm

RHYTHM RIDE

2-2:45pm

CORE TRAINING

2:55-3:15pm

Sunday & Wednesday YOGA FOR ATHLETES* will occur on specific dates. Please check JHU Rec App for dates and pre-registration for classes!**

LOCATIONS:

Racquetball Ct 3



Squash Ct 4



F45 Studio



ROTC



Pool Deck

