# GROUP FITNESS SCHEDULE

<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 AM</td>
<td></td>
<td>FIT CAMP (125)</td>
<td></td>
<td>STRENGTH &amp; STABILITY (125)</td>
<td></td>
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<tr>
<td>11:00 AM</td>
<td>TOTAL BODY (125)</td>
<td>YOGA RELAX (125)</td>
<td></td>
<td>EXPRESS HIIT (125)</td>
<td>EXPRESS CYCLE (125)</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>CYCLE (125)</td>
<td>CARDIO KICKBOXING (125)</td>
<td>TRX PLUS (125)</td>
<td></td>
<td>YOGA FLOW (125)</td>
</tr>
<tr>
<td>4:15 PM</td>
<td>EXPRESS HIIT (125)</td>
<td></td>
<td></td>
<td>CYCLE &amp; ABS (125)</td>
<td>CIRCUIT TRAINING (VAULT)</td>
</tr>
<tr>
<td>5:30 PM</td>
<td>PILATES (125)</td>
<td>CYCLE (125)</td>
<td>CARDIO KICKBOXING (125)</td>
<td>YOGA RELAX (125)</td>
<td></td>
</tr>
</tbody>
</table>

## CLASS DESCRIPTIONS AND POLICIES:

- [CAMPUSSREC.OLEMISS.EDU/GROUP-FITNESS](#)
- CLASSES ARE 45 MINUTES, UNLESS LISTED AS EXPRESS
- EXPRESS CLASSES ARE 30 MINUTES
- PROPER ATTIRE IS REQUIRED FOR ALL CLASSES
- CLASSES ARE SUBJECT TO CHANGE WITHOUT ADVANCE NOTICE

## REGISTER FOR CLASSES ON THE OLEMISSCR APP

**SUMMER CLASS PASS OR REBELWELL CLASS PASS REQUIRED - PURCHASE PASS ON THE OLEMISSCR APP**

## STUDIO LOCATIONS:

- **STUDIO 305**: 3RD FLOOR (UPSTAIRS)
- **STUDIO 125**: 1ST FLOOR (DOWNSTAIRS)
- **THE VAULT**: 1ST FLOOR (DOWNSTAIRS)

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