# Group Fitness Schedule

**Spring 2020**

**January 21 - May 1**

## Monday
- 6:30 AM: Fit Camp (SCRC 209)
- 10:00 AM: Express Cycle (TC 125)
- 11:30 AM: Total Body (TC 125)
- 12:30 PM: Yoga Relax (TC 125)
- 4:00 PM: Cycle (TC 125)
- 4:30 PM: Pilates (SCRC 210)
- 5:00 PM: Cardio Kickboxing (SCRC 208)
- 5:30 PM: Cycle (TC 125)
- 6:00 PM: Express Glute Camp (SCRC 209)
- 6:30 PM: Express Core (SCRC 209)
- 7:00 PM: Cardio Dance (SCRC 208)
- 7:30 PM: Yoga Flow (TC 305)

## Tuesday
- 6:30 AM: Express Cycle (TC 125)
- 10:00 AM: Express Cycle (TC 125)
- 11:30 AM: Total Body (TC 125)
- 12:30 PM: Yoga Relax (TC 125)
- 4:00 PM: Cycle (SCRC 210)
- 4:30 PM: Pilates (SCRC 210)
- 5:00 PM: Cycle (TC 125)
- 5:30 PM: Cycle (TC 125)
- 6:00 PM: Express Cycle (TC 125)
- 6:30 PM: Circuit Training (TC Vault)
- 7:00 PM: Cycle and Abs (TC 125)
- 7:30 PM: Express HIIT (SCRC 209)

## Wednesday
- 6:30 AM: Fit Camp (SCRC 209)
- 10:00 AM: Express Cycle (TC 125)
- 11:30 AM: Pilates (TC 125)
- 12:30 PM: Express HIIT (TC 125)
- 4:00 PM: Cycle (TC 125)
- 4:30 PM: Yoga Flow (TC 305)
- 5:00 PM: Express Cycle (TC 125)
- 5:30 PM: Express HIIT (TC 209)

## Thursday
- 6:30 AM: Express Cycle (TC 125)
- 10:00 AM: Express Cycle (TC 125)
- 11:30 AM: Pilates (TC 125)
- 12:30 PM: Express Cycle (TC 125)
- 4:00 PM: Express Glute Camp (SCRC 209)
- 4:30 PM: Cardio Kickboxing (SCRC 208)
- 5:00 PM: Cycle and Abs (TC 125)
- 5:30 PM: Express Core (SCRC 209)
- 6:00 PM: Express HIIT (SCRC 209)
- 6:30 PM: Express Core (SCRC 209)
- 7:00 PM: Express HIIT (SCRC 209)

## Friday
- 6:30 AM: Express Cycle (TC 125)
- 10:00 AM: Express Cycle (TC 125)
- 11:30 AM: Cardio Kickboxing (TC 305)
- 12:30 PM: Express HIIT (TC 209)
- 4:00 PM: Cycle (TC 125)
- 4:30 PM: Yoga Flow (TC 305)
- 5:00 PM: Express HIIT (TC 209)
- 5:30 PM: Express HIIT (TC 209)
- 6:00 PM: Express HIIT (TC 209)

## Saturday
- 11:00 AM: Fit Camp (SCRC 209)
- 12:00 PM: Cardio Kickboxing (TC 305)
- 12:30 PM: Cardio Dance (TC 305)
- 12:30 PM: Pilates (TC 125)
- 1:00 PM: Cycle and Abs (TC 125)
- 1:00 PM: Cycle and Abs (TC 125)

## Sunday
- No Classes

### Studio Locations
- SCRC 208/209/210: 2nd Floor SCRC
- TC 305: 3rd Floor Turner Center
- TC 125: 1st Floor Turner Center
- Tank & Vault: 1st Floor Turner Center
- Pool: 1st Floor Turner Center

### Try It Free Week
- January 21 - 27

### Spring Break
- March 9 - 15

### Fit Pass Required
See website for details

Class Descriptions and Policies
CampusRec.OleMiss.EDU/Group-Fitness

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