# GROUP FITNESS SCHEDULE

## FALL 2020 SEMESTER

**Classes run from 8/31 through 10/4**

**October schedule coming soon (10/05 - 11/1)**

**Registration opens the day before and will remain open until the time of the class or the class is full.**

**Fit pass required. See website for details.**

**Participants must maintain 6 feet from others during in-person classes.**

**Participants should bring their own fitness/yoga mats.**

**Inclement weather location for outdoor classes will be the SCRC Multi-Activity Court.**

**For class descriptions and policies go to campusrec.olemiss.edu/group-fitness**

**No classes on Monday, September 7 (Labor Day)**

### Monday
- **7:50 AM**
  - Pilates
  - SCRC Patio
- **12:10 PM**
  - Yoga Flow
  - Virtual
- **5:30 PM**
  - Pilates
  - Virtual
- **6:10 PM**
  - Cardio Kickboxing
  - SCRC Outdoor Turf
- **7:00 PM**
  - Total Body
  - Virtual
- **7:45 PM**
  - Yoga Under the Stars
  - SCRC Outdoor Turf

### Tuesday
- **6:25 AM**
  - Yoga Flow
  - SCRC Patio
- **12:10 PM**
  - Cycle
  - Virtual
- **5:30 PM**
  - Pilates
  - Virtual
- **6:10 PM**
  - Glute Camp
  - SCRC Patio
- **7:45 PM**
  - Glute Camp
  - Virtual

### Wednesday
- **7:50 AM**
  - Pilates
  - SCRC Patio
- **12:10 PM**
  - Cycle
  - Virtual
- **4:40 PM**
  - Total Body
  - Virtual
- **5:30 PM**
  - Barre
  - Virtual
- **6:45 PM**
  - Total Body
  - SCRC Outdoor Turf

### Thursday
- **6:25 AM**
  - Yoga Flow
  - SCRC Patio
- **10:40 AM**
  - HIIT
  - SCRC Patio
- **6:10 PM**
  - Cycle
  - Virtual
- **7:45 PM**
  - Total Body
  - SCRC Outdoor Turf

### Friday
- **7:50 AM**
  - Pilates
  - Virtual
- **10:40 AM**
  - Pilates
  - SCRC Outdoor Turf
- **6:10 PM**
  - Cycle
  - Virtual
- **11:30 AM**
  - Express Core
  - Virtual

### Saturday
- **10:40 AM**
  - HIIT
  - SCRC Patio
- **11:30 AM**
  - Express Core
  - Virtual

**Scan this to reserve your spot**

**# BE BETTER**