



FALL 2020 SEMESTER (10/26 THROUGH 11/14)

GROUP FITNESS SCHEDULE

REGISTER NOW ON THE OLEMISSCR APP

MONDAY

7:50 AM

PILATES
SCRC OUTDOOR TURF

11:10 AM

EXPRESS HIIT
TC COURT 3

12:10 PM

YOGA FLOW
SCRC OUTDOOR TURF

4:40 PM

CYCLE
TC COURT 3

5:00 PM

PILATES
VIRTUAL

7:00 PM

EXPRESS HIIT
SCRC INDOOR MAC

7:45 PM

YOGA UNDER
THE STARS
SCRC OUTDOOR TURF

TUESDAY

6:25 AM

YOGA FLOW
SCRC OUTDOOR TURF

7:50 AM

EXPRESS HIIT
SCRC INDOOR MAC

12:10 PM

EXPRESS CYCLE
TC COURT 3

4:40 PM

GLUTE CAMP
SCRC INDOOR MAC

6:10 PM

POWER YOGA
SCRC OUTDOOR TURF

6:10 PM

CYCLE
TC COURT 3

7:00 PM

PILATES
SCRC OUTDOOR TURF

8:00 PM

EXPRESS HIIT
SCRC INDOOR MAC

WEDNESDAY

7:50 AM

GLUTE CAMP
SCRC OUTDOOR TURF

11:10 AM

YOGALATES
TC COURT 3

4:40 PM

CYCLE
TC COURT 3

5:30 PM

BARRE
SCRC INDOOR MAC

6:30 PM

TOTAL BODY
SCRC INDOOR MAC

7:00 PM

CARDIO KICKBOXING
SCRC FRONT PATIO

7:45 PM

YOGA UNDER
THE STARS
SCRC OUTDOOR TURF

THURSDAY

6:25 AM

YOGALATES
SCRC OUTDOOR TURF

7:50 AM

TOTAL BODY
SCRC INDOOR MAC

12:10 PM

EXPRESS HIIT
SCRC OUTDOOR TURF

4:40 PM

PILATES
SCRC OUTDOOR TURF

6:10 PM

CYCLE
TC COURT 3

7:00 PM

GLUTE CAMP
SCRC INDOOR MAC

8:00 PM

TOTAL BODY
SCRC OUTDOOR TURF

FRIDAY

1:00 PM

EXPRESS CYCLE
TC COURT 3

SATURDAY

10:40 PM

EXPRESS HIIT
SCRC OUTDOOR TURF

12:10 PM

EXPRESS CORE
SCRC OUTDOOR TURF

SUNDAY

2:00 PM

CYCLE
TC COURT 3

4:00 PM

BARRE
SCRC INDOOR MAC

5:30 PM

EXPRESS CORE
SCRC INDOOR MAC

#BE BETTER

FIT PASS OPTIONS

STUDENTS

\$20 SEMESTER PASS
\$5 ONE TIME PASS

CR MEMBERS

\$20 SEMESTER PASS

CLASS INFORMATION

EXPRESS FORMATS ARE 30 MINUTES,
OTHER FORMATS ARE 45 MINUTES

PARTICIPANTS SHOULD BRING THEIR
OWN FITNESS/YOGA MATS

REGISTRATION OPENS THE DAY BEFORE AND WILL REMAIN OPEN
UNTIL THE TIME OF THE CLASS OR THE CLASS IS FULL.

GROUP FITNESS CLASSES WILL NOT BE AVAILABLE ON HOME
FOOTBALL SATURDAYS.



FALL 2020 SEMESTER (10/26 THROUGH 11/14)

REBELWELL FIT SCHEDULE

REGISTER NOW ON THE OLEMISSCR APP

MONDAY

7:50 AM

PILATES
SCRC OUTDOOR TURF

11:10 AM

EXPRESS HIIT
TC COURT 3

12:10 PM

YOGA FLOW
SCRC OUTDOOR TURF

4:40 PM

CYCLE
TC COURT 3

5:00 PM

PILATES
VIRTUAL

7:00 PM

EXPRESS HIIT
SCRC INDOOR MAC

TUESDAY

6:25 AM

YOGA FLOW
SCRC OUTDOOR TURF

7:50 AM

EXPRESS HIIT
SCRC INDOOR MAC

12:10 PM

EXPRESS CYCLE
TC COURT 3

4:40 PM

GLUTE CAMP
SCRC INDOOR MAC

6:10 PM

POWER YOGA
SCRC OUTDOOR TURF

7:00 PM

PILATES
SCRC OUTDOOR TURF

8:00 PM

EXPRESS HIIT
SCRC INDOOR MAC

WEDNESDAY

7:50 AM

GLUTE CAMP
SCRC OUTDOOR TURF

11:10 AM

YOGALATES
TC COURT 3

4:40 PM

CYCLE
TC COURT 3

5:30 PM

BARRE
SCRC INDOOR MAC

7:00 PM

CARDIO KICKBOXING
SCRC FRONT PATIO

THURSDAY

6:25 AM

YOGALATES
SCRC OUTDOOR TURF

7:50 AM

TOTAL BODY
SCRC INDOOR MAC

12:10 PM

EXPRESS HIIT
SCRC OUTDOOR TURF

4:40 PM

PILATES
SCRC OUTDOOR TURF

8:00 PM

TOTAL BODY
SCRC OUTDOOR TURF

FRIDAY

1:00 PM

EXPRESS CYCLE
TC COURT 3

SATURDAY

10:40 PM

EXPRESS HIIT
SCRC OUTDOOR TURF

12:10 PM

EXPRESS CORE
SCRC OUTDOOR TURF

SUNDAY

2:00 PM

CYCLE
TC COURT 3

4:00 PM

BARRE
SCRC INDOOR MAC

5:30 PM

EXPRESS CORE
SCRC INDOOR MAC

#BE
BETTER



REBELWELL FIT PASS OPTIONS

FACULTY/STAFF (NON CR MEMBERS)
\$15 SEMESTER PASS

CR MEMBERS
INCLUDED IN MEMBERSHIP FEE

CLASS INFORMATION

EXPRESS FORMATS ARE 30 MINUTES,
OTHER FORMATS ARE 45 MINUTES

PARTICIPANTS SHOULD BRING THEIR
OWN FITNESS/YOGA MATS

REGISTRATION OPENS THE DAY BEFORE AND WILL REMAIN OPEN UNTIL THE TIME OF THE CLASS OR THE CLASS IS FULL.

FOR CLASS DESCRIPTIONS AND POLICIES GO TO
CAMPUSREC.OLEMISS.EDU/FITNESS/REBELWELL-GROUP-FITNESS/