## REBELWELL FIT SCHEDULE

**Fall 2020 Semester (10/26 Through 11/15)**

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
- **11:10 AM**
  - Yoga Flow
  - SCRC Outdoor Turf
- **12:10 PM**
  - Express Cycle
  - TC Court 3
- **4:40 PM**
  - Glute Camp
  - SCRC Indoor MAC
- **5:30 PM**
  - Barre
  - SCRC Indoor MAC
- **7:00 PM**
  - Cardio Kickboxing
  - SCRC Front Patio

### Wednesday
- **7:50 AM**
  - Glute Camp
  - SCRC Outdoor Turf
- **11:10 AM**
  - Yoga Flow
  - SCRC Outdoor Turf
- **12:10 PM**
  - Express HIIT
  - SCRC Outdoor Turf
- **4:40 PM**
  - Pilates
  - SCRC Outdoor Turf
- **7:00 PM**
  - Total Body
  - SCRC Outdoor Turf

### Thursday
- **6:25 AM**
  - Express Cycle
  - TC Court 3
- **7:50 AM**
  - Yoga Flow
  - SCRC Outdoor Turf
- **11:10 AM**
  - Total Body
  - SCRC Indoor MAC
- **12:10 PM**
  - Express HIIT
  - SCRC Outdoor Turf
- **4:40 PM**
  - Cycle
  - TC Court 3
- **5:30 PM**
  - Pilates
  - SCRC Outdoor Turf
- **7:00 PM**
  - Total Body
  - SCRC Outdoor Turf
- **8:00 PM**
  - Express Core
  - SCRC Outdoor Turf

### Friday
- **1:00 PM**
  - Express Cycle
  - TC Court 3
- **2:00 PM**
  - Cycle
  - TC Court 3
- **4:00 PM**
  - Barre
  - SCRC Indoor MAC
- **5:30 PM**
  - Express Core
  - SCRC Indoor MAC
- **10:40 PM**
  - Express HIIT
  - SCRC Outdoor Turf
- **12:10 PM**
  - Express HIIT
  - SCRC Outdoor Turf

### Saturday
- **10:40 PM**
  - Express HIIT
  - SCRC Outdoor Turf
- **5:30 PM**
  - Express Core
  - SCRC Indoor MAC

### Sunday
- **2:00 PM**
  - Cycle
  - TC Court 3
- **4:00 PM**
  - Barre
  - SCRC Indoor MAC
- **5:30 PM**
  - Express Core
  - SCRC Indoor MAC

### 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/