

Group Fitness Class Schedule

March 17 - April 26

	SUN	MON	TUES	WED	THURS	FRI
8 AM		CARDIO STEP 8:15-9:00 AM (STUDIO 205) Kat	HIIT 8:05-8:50 AM (STUDIO 205) Alyssa	STRENGTH & CONDITIONING 8:15-9:00 AM (STUDIO 205) Kat	HIIT 8:05-8:50 AM (STUDIO 205) Alyssa	
9 AM						
10 AM	MUSCLE KICK 9:30-10:15 AM (STUDIO 205) TJ	SPIN 9:30-10:15 AM (SPIN STUDIO) Kat		SPIN 9:30-10:15 AM (SPIN STUDIO) Kat		SPIN 9:30-10:15 AM (SPIN STUDIO) Kat
11 AM						
12 PM		YOGA 12:00-12:45 PM (SPIN STUDIO) Kat	SPIN/YOGA 12:00-12:45 PM (SPIN STUDIO) Kat	CORE & MORE 12:00-12:45 PM (SPIN STUDIO) Kat	SPIN/YOGA/STRENGTH 12:00-1:00 PM (SPIN STUDIO) Meg	CORE & MORE 12:00-12:45 PM (SPIN STUDIO) Kat
1 PM						
2 PM						
3 PM						
4 PM		YOGA 4:00-4:45 PM (STUDIO 205) Peyton		CARDIO DANCE 4:00-4:45 PM (STUDIO 205) Laura		4:00-4:45 PM YOGA (STUDIO 205) Peyton SPIN (SPIN STUDIO) Jamie
5 PM		HIIT 5:00-5:45 PM (STUDIO 205) Jamie	YOGA 5:00-5:45 PM (STUDIO 205) Peyton	YOGA 5:00-5:45 PM (STUDIO 205) Valerie	YOGA 5:00-5:45 PM (STUDIO 205) Kat	HIIT 5:00-5:45 PM (STUDIO 205) Jamie
6 PM		SPIN 6:00-6:45 PM (SPIN STUDIO) Jamie	SPIN 6:00-6:45 PM (SPIN STUDIO) Meg		CARDIO STEP 6:00-6:45 PM (STUDIO 205) Kat	
7 PM			YOGA 7:00-7:45 PM (STUDIO 205) Meg		SPIN 7:00-7:45 PM (SPIN STUDIO) Grace	



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Weekly Schedule & Signup

