

All classes are 55 minutes in length unless otherwise noted. Participants who register online must arrive 15 minutes early to secure their spot. Walk-ins are welcome, but admittance is not guaranteed due to space restrictions. Please bring a water bottle to all classes.

Class Location Key	RWC Group Exercise Studio	RWC Spin Studio	RWC Multipurpose Room	Knights Plaza Mind Body Studio
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Monday	Tuesday	Wednesday	Thursday	Friday
Cycle 7:00am, Britani	Cycle 7:00am, Michele	Cycle 7:00am, Rachel	Cycle 7:00am, Rachel	Cycle 7:00am, Molly
Restorative Yoga 7:00am, Chelsea	Yoga 7:00am, Sara D.	Yoga 7:00am, Sarah M.	Yoga 7:00am, Sarah A.	Yoga 9:15am, Alexys
Barre 10:00am, Yan	Yoga Nidra with Hammocks (30 min) 9:15am, WHPS	INSANITY 10:00am, Amy	TRX Total Body (45 min) 10:00am, Ferg	Barre 11:00am, Holly
Yoga 12:00pm, Sara D.	Yoga 10:00am, Britani	Yoga 12:00pm, Chelsea	Barre 12:00pm, Lora	Yoga 12:00pm, Britani
Cycle 12:30pm, Molly	Yoga 12:00pm, Monica	Cycle 12:30pm, Jessica	Cycle 12:30pm, Yan	Bootcamp 12:00pm, Lora
TRX Total Body (45 min) 1:30pm, Ferg	Cycle 12:30pm, Molly	Lower Body Blast (30 min) 2:00pm, Cali	Lower Body Blast (30 min) 1:00pm, Katelyn	Cycle 12:30, Mikaela
Trampoline (45 min) 3:00pm, Katelyn	Kickboxing 1:00pm, Holly	Upper Body Blast (30 min) 2:30pm, Cali	Upper Body Blast (30 min) 1:30pm, Katelyn	Yoga 3:00pm, Chelsea
Total Core (30 min) 4:00pm, Katelyn	Lower Body Blast (30 min) 2:00pm, Aliyah	Total Core (30 min) 3:00pm, Cali	Total Core (30 min) 2:00pm, Katelyn	SWEAT 3:30pm, Kim
Cycle 4:15pm, Kristen	Upper Body Blast (30 min) 2:30pm, Aliyah	Zumba 3:00pm, Elyse	Cycle 4:15pm, Kim	Cycle 4:15pm, Kiara
Zumba 4:45pm, Claire	Total Core (30 min) 3:00pm, Aliyah	Yoga Nidra with Hammocks (30 min) 3:00pm, Monica	Yoga 3:45pm, Chelsea	Yoga 5:30pm, Sarah M.
Yoga 4:45pm, Monica	MixedFit 4:00pm, Stacey	SWEAT 4:00pm, Molly	TRX Total Body (45 min) 5:00pm, Adrian/Amy	Saturday
Guided Meditation (30 min) 6:00pm, Monica	Cycle 4:15pm, Mikaela	Cycle 4:15pm, Kristen	Strong by Zumba 5:00pm, RJ	Lower Body Blast (30 min) 9:30am, Aliyah
SWEAT 5:15pm, Cali	Step & Tone 5:30pm, Lora	Lower Body Blast (30 min) 5:00pm, Kim	Barre 6:00pm, Holly	Upper Body Blast (30 min) 10:00am, Aliyah
Lower Body Blast (30 min) 6:30pm, Swaran	Yoga 5:00pm, Sarah M.	Power Yoga 5:15pm, Sara D.	Lower Body Blast (30 min) 6:30pm, Michelly	Yoga 10:00am, Sarah M.
Pilates 6:45pm, Michele	Power Yoga 6:30pm, Sarah A.	Upper Body Blast (30 min) 5:30pm, Kim	Cycle 6:45pm, Michele	Total Core (30 min) 10:30am, Aliyah
Cycle 6:45pm, Seher	Cycle 6:45pm, Swaran	Total Core (30 min) 6:00pm, Kim	Pilates 7:00pm, Madi	Zumba 11:15am, Yan
Upper Body Blast (30 min) 7:00pm, Swaran	Yoga 8:00pm, Britani	Barre 6:30pm, Lora	Upper Body Blast (30 min) 7:00pm, Michelly	Cycle 12:30pm, RJ
Total Core (30 min) 7:30pm, Swaran	Cycle 8:15pm, Jessica	Cycle 6:45pm, Molly	Total Core (30 min) 7:30pm, Michelly	Sunday
Yoga 8:00pm, Sarah A.	Zumba 8:15pm, RJ	Zumba 7:00pm, Aley	Yoga 8:00pm, Mariah	Yoga 12:00pm, Sarah A.
Cycle 8:15pm, Kim	Advanced Yoga 9:15pm, Mariah	Yoga 8:00pm, Madi	Cycle 8:15pm, Seher	Kickboxing 5:00pm, Yan
Zumba 8:15pm, Aley		Cycle 8:15pm, Kiara	Hip Hop Cardio 8:15pm, Alexys	Power Yoga (75 min) 6:30pm, Mariah
Barre 9:15pm, RJ		Hip Hop Cardio 8:15pm, Na'Chelle	Restorative Yoga 9:15pm, Sarah M.	Cycle 6:45pm, Rachel
			Zumba 9:15pm, Yan	Zumba 7:00pm, Michelly