

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.  
" / " represents rotating instructors

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
Yoga 7:00am, Drew	Cycle 7:00am, Kristen	Cycle 7:00am, Anderson	Yoga 7:00am, Britani	Yoga 9:30am, Nicole V.
Barre 10:00am, Michele	TRX Total Body (45 min) 11:00am, Aliyah	TRX Total Body (45 min) 10:00am, Aliyah	Yoga 10:00am, Britani	TRX Total Body (45 min) 11:00am, Ralph/Troy
Zumba (45 min) 11:00am, Lexie	Yoga 12:00pm, Chris	Yoga 12:00pm, Gabi	Pilates 12:00pm, Kim	Kickboxing 11:00am, RJ
Yoga 12:00pm, Sarah M.	Bootcamp 12:00pm, Sierra	Kickboxing 12:30pm, Allyson	Zumba 12:00pm, Latisha	Yoga 12:00pm, Madi
Cycle 12:30pm, Mikaela	Cycle 12:30pm, Victoria	Zumba 3:30pm, Elyse	Cycle 12:30pm, Victoria	Cycle 12:30pm, RJ
Yoga 4:30pm, Britani	Power Yoga 3:30pm, Madi	STRONG by Zumba 4:45pm, Yan	Insanity (45 min) 2:30pm, Amy	Total Core (30 min) 1:15pm, Stacey
Kickboxing 5:00pm, Melyssa	Trampoline (45 min) 4:00pm, RJ	Zumba 5:15pm, Aley	Yoga Nidra with Hammocks (30 min) 3:30pm, Pam	Barre 3:00pm, RJ
Pilates 6:00pm, RJ	Guided Meditation (30 min) 4:30pm, Madi	SWEAT 6:00pm, Monica	TRX Total Body (45 min) 5:00pm, Ferg	SWEAT 4:00pm, Monica
Lower Body Blast (30 min) 6:30pm, Swaran	SWEAT (45 min) 5:00pm, Kim	Yoga 6:30pm, Chris	Step (45 min) 5:00pm, Kristen	Kickboxing 5:15pm, Melyssa
Cycle 6:45pm, Seher	Zumba 6:00pm, Lexie	Cycle 6:45pm, Victoria	Total Core (30 min) 6:00pm, Sierra	Power Yoga 5:30pm, Sarah M.
Upper Body Blast (30 min) 7:00pm, Swaran	Yoga 5:15pm, Nicole V.	Zumba (50 min) 7:15pm, Claire	Cycle 6:45pm, Megan	<b>Saturday</b>
Total Core (30 min) 7:30pm, Swaran	Pop Pilates (45 Min) 6:30pm, Michele	Yoga 8:00pm, Nicole V.	Bodyweight Bootcamp 7:00pm, Sierra	Zumba 11:15am, Yan
Yoga 8:00pm, Drew	Cycle 6:45pm, Swaran	Cycle 8:15pm, Mikaela	SWEAT (45 min) 7:15pm, Cali	Yoga 12:00pm, Chris/Drew
Zumba 8:15pm, Lexie	Step (45 min) 7:15pm, Britani	Hip Hop Cardio 8:15pm, Nicole L.	Yoga 8:15pm, Swaran	Cycle 12:30pm, Kiara/Michele
Barre 9:15pm, RJ	TRX Total Body (45 min) 7:30pm, Kiara	Zumba 9:15pm, RJ	Cycle 8:15pm, RJ	<b>Sunday</b>
	Cycle (45 Min) 8:15pm, Swaran		Hip Hop Cardio 8:15pm, Mikaela	Yoga 12:00pm, Gabi
	Zumba 8:15pm, Aley		Zumba 9:15pm, Yan	Hip Hop Cardio 5:00pm, Nicole L.
	Advanced Yoga 8:30pm, Sarah M.			Pop Pilates (45 Min) 5:00pm, Michele
				Power Yoga (75 min) 6:30pm, Madi
				Cycle 6:45pm, Seher/Megan
				Zumba 7:00pm, Latisha
				Guided Meditation (30 min) 7:45pm, Madi