

GROUP FITNESS

SPRING 2024 SESSION II: MARCH 18-MAY 1

MON

7:00-7:45AM BEAT BIKING SHANIYA
8:00-8:45AM SCULPT'D YOGA SHANIYA
8:15-9:00AM BEAT BIKING MAGGIE
8:15-9:15 AM SCULPT'D YOGA COLLEEN
9:00-9:45AM BEATS BY BARBELL REGAN
4:00-4:45PM BARRE JULIANNA
4:15-5:00PM SCULPT'D YOGA GRACE S.
4:30-5:15PM SHAMROCK STRENGTH EVONTA
4:30-5:15 PM BEAT BIKING INDIA
5:15-6:00 PM SCULPT'D YOGA COLLEEN
5:30-6:15PM ZUMBA KIMMI
5:30-6:30PM KRIPALU YOGA STEVE
5:45-6:30PM BEATS BY BARBELL MARCUS
5:45-6:30PM BEAT BIKING GRACE H.
7:00-7:45PM BEAT BIKING CAROLINE P

TUES

7:00-7:45AM BEAT BIKING MICHELLE
7:30-8:30AM YOGA FLOW KATHERINE G.
8:00-8:45AM BEAT BIKING VERONICA
8:00-8:45AM SCULPT'D YOGA KENDALL
12:00-1:00PM YOGA STEVE
4:30-5:15PM BEAT BIKING LILIANA
4:30-5:15PM SCULPT'D YOGA GRACE S.
4:45-5:30PM BEATS BY BARBELL REGAN
5:30-6:15PM ZUMBA CAITLIN
5:30-6:30PM POWER YOGA FLOW STEVE
5:45-6:30PM BEAT BIKING GRACE H.
6:45-7:30PM SHAMROCK STRENGTH KARINA

WED

7:00-7:45AM BEAT BIKING SHANIYA
8:00-8:45AM BARRE JULIANNA
8:00-8:45AM PILATES MAT SHANIYA
8:00-8:45AM BEAT BIKING ELLA
8:15-9:15AM SCULPT'D YOGA COLLEEN
12:00-1:00PM KRIPALU YOGA STEVE
4:30-5:15PM BEAT BIKING INDIA
4:30-5:15PM SHAMROCK STRENGTH EVONTA
4:30-5:15PM SCULPT'D YOGA CELIA
5:00-5:45 PM SCULPT'D YOGA KENDALL
5:15-6:00 PM SCULPT'D YOGA GRACE S.
5:30-6:15PM ZUMBA BELLA
5:30-6:15 PM BEATS BY BARBELL KAITLYN
5:45-6:30PM BEAT BIKING MAGGIE
6:00-6:45PM SCULPT'D YOGA COLLEEN
6:30-7:30 PM YOGA FLOW KATHERINE G.

THU

7:00-7:45AM BEAT BIKING MICHELLE
8:00-8:45AM BEAT BIKING SHERIDAN
8:00-8:45AM SCULPT'D YOGA KENDALL
4:15-5:00PM BEAT BIKING SAMI
4:30-5:15PM ZUMBA BELLA
5:00-6:00PM YOGA FLOW CAMBRAE
5:15-6:00PM BEAT BIKING LILIANA
5:30-6:15PM ZUMBA CAITLIN

FRI

8:15-9:00AM BEAT BIKING SAMI
9:30-10:15AM BEATS BY BARBELL CAROLINE P
9:30-10:15AM BEAT BIKING SABRINA
12:00-1:00PM KRIPALU YOGA STEVE
12:30-1:15PM BEAT BIKING SHERIDAN
1:00-2:00PM SCULPT'D YOGA COLLEEN
2:00-2:45PM SCULPT'D YOGA KENDALL
2:00-2:45PM BEAT BIKING SAMMI D.
3:00-3:35PM SCULPT'D YOGA ELLA

SUN

12:30-1:15PM BEAT BIKING SHERIDAN
1:30-2:15PM BEAT BIKING SAMMI D
2:00-3:00PM YOGA FLOW MADISON
3:00-3:45PM BEAT BIKING MAGGIE
3:00-3:45PM SCULPT'D YOGA KENDALL
4:00-4:45PM WERQ NATALIE

LOCATION KEY

Studio 1

Studio 2

Studio 3

Studio 4

Cycle

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NOTRE DAME
ReSports

F.A.S.T. FITNESS

SPRING 2024 SESSION II: MARCH 18-MAY 10

MON

TUES

WED

THU

FRI

9:00-10:00AM
YOGA
STEVE
VIRTUAL OPTION
AVAILABLE

9:00-10:00AM
CYCLEPUMP
SARA

9:00-10:00AM
YOGA
STEVE
VIRTUAL OPTION
AVAILABLE

9:00-10:00AM
CYCLEPUMP
SARA

12:00-12:45PM
PUMP IT UP
SARA

12:00-12:45PM
PUMP IT UP
SARA

12:15-12:45PM
C.S.I.
SARA

12:00-12:45PM
PUMP IT UP
SARA

12:00-12:45PM
BOOTCAMP
SARA

LOCATION KEY

Studio 1

Studio 2

Studio 3

Studio 4

Cycle

REGISTER ONLINE AT
REREGISTER.ND.EDU.

12:30-1:00PM
ZUMBA
KIM H.

12:30-1:00PM
STRONG NATION
KIM H.

Connect with us!



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