

**FOLLOW US ON
INSTAGRAM &
TIKTOK!
@UISCAMPUSREC**

FALL 2024 GROUP FITNESS SCHEDULE

AUGUST 26TH - DECEMBER 7TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30PM-6:20PM WERQ W/ CARI	5PM-5:50PM SPORTS PERFORMANCE W/ SEBASTIAN	5:30PM-6:20PM BEGINNER POWER HOUR W/ KATHERINE	5:30PM-6:20PM CYCLE FIT W/ TALON		1PM-1:50PM INTERMEDIATE CLASSICAL KARATE W/ SHIHAN DAN
6:30PM-7:20PM YOGA W/ HALEY	5:30PM-6:15PM KICKBOXING W/ LYDIA	6:30PM-7:20PM MOBILITY W/ ELLIE	6:30PM-7:20PM CLASSICAL KARATE W/ SHIHAN DAN		
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