

Spring 2020 GROUP EXERCISE SCHEDULE

Classes start Wednesday January 22

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM							
8:00 AM							
12:15 PM	PILATES SERENA ROOM B	SPIN MARY ROOM A	PILATES SERENA ROOM B	SPIN MARY ROOM A	Gentle stretch DEB ROOM A		
12:15 PM	POUND WENDY ROOM A			POUND WENDY ROOM B			
12:15 PM							
4:00 PM	PILATES SERENA ROOM B	Yoga Stephanie ROOM B	Yoga Stephanie ROOM B	PILATES SERENA ROOM B			
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:15 PM	DANCE FITNESS ALEX ROOM B		DANCE FITNESS ALEX ROOM B				
6:30 PM							
8:00 PM							
9:00 PM							
10:00 PM							



SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE
 RWU ID AND TOWEL ARE REQUIRED
 ANY QUESTIONS CONTACT DR. MARK J. ANDREOZZI x3069