


WVU SRC GROUP EXERCISE SCHEDULE - JULY 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
6:15 AM	Move It(C)/Michaela	BodyPump(B)/Jaclyn	Move It(C)/Jay	BodyPump(B)/Jaclyn	Spinning(A)/Ryan Wal.			
10:00 AM								
RM A					Power Yoga/Ryan W.			
RM B								BodyPump(B)/Megan or Stephanie
RM C				Move It(C)/Michaela				
11:00 AM								
RM A								
RM B								
RM C		Move It/Seth				Battle Fit/Michaela		
5:30 PM								
RM A	Spinning/Scott	Power Yoga/Ryan W.	Spinning/Scott	Zumba/Katie				
RM B								
RM C								
6:00 PM	CXWORX/Jen Mac							
6:40 PM								
RM A		Spinning/Melissa						
RM B	BOSU/Jen Mac	BodyPump/Jen Mac	BOSU/Jen Mac	BodyPump/Jen Mac				
RM C								

Class Cancellations

- CXWORX July 6th & 10th
- 6:15 AM BodyPump July 25th & 27th
- 10 AM BodyPump July 15th
- 5:30 PM Spinning July 24th

