

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 A.M.	Power Yoga		Yoga Flow	Power Yoga			
	BODYPUMP™	Cycle and Circuits	BODYPUMP™	Cycle and Circuits			
7:00 A.M.		Barre Burn		Barre Burn			
		TRX® Circuits		TRX® Circuits	TRX®		
7:30 A.M.	Yoga Flow		Yoga Flow				
	Circuits		Circuits				
11:00 A.M.		TRX® Circuits		TRX® Circuits	Pilates		
12:10 P.M.	Barre Burn	Gentle Yoga	Yogalates	Yoga Flow	Yoga Flow		
	TRX® and Cardio	BODYPUMP™	TRX® and Cardio	BODYPUMP™	PackStrong		BODYPUMP™
	H.I.I.T	Full Body Workout	POUND®	H.I.I.T	Step Intervals (45)	H.I.I.T	
	Cycle		Cycle				
3:00 P.M.			PiYo		Barre Burn		
4:15 P.M.	Yoga Flow	Pilates	Power Yoga	Barre Burn	Yoga (75)		
	Running Conditioning	Cycle	Cycle	Cycle	Cycle		Cycle
	BODYPUMP™		BODYPUMP™	Running Conditioning	H.I.I.T		
4:30 P.M.	H.I.I.T	H.I.I.T	H.I.I.T	H.I.I.T			
5:00 P.M.							Yoga (75)
5:30 P.M.	Cardio Dance	Cycle	Cardio Dance	Cycle		Cardio Dance	Step
	BODYPUMP™	BODYPUMP™	BODYPUMP™	BODYPUMP™	Happy Hour		
	Yoga Flow	Power Yoga	Yoga Flow	Barre Burn			
5:45 P.M.	Cycle and Core	H.I.I.T	Cycle and Core	POUND®			
6:40 P.M.	Yoga Sculpt	Barre Burn	Yoga Sculpt	Yoga Flow			
	Cardio Dance	HardCORE	ZUMBA®				
		Cycle		Cycle			
6:45 P.M.	PackStrong	BODYPUMP™	PackStrong	BODYPUMP™			
7:20 P.M.	Cycle	H.I.I.T		ZUMBA®			
8:00 P.M.	BODYPUMP™	Cardio Dance	BODYPUMP™	Cardio Dance			
	Gentle Yoga	Power Yoga	Yoga Flow	Yoga Flow			Gentle Yoga

FALL GROUP FITNESS



UNIVERSITY RECREATION

Monday, August 14 - Friday, December 1

All classes are 60 minutes in length unless otherwise noted. Please visit recreation.ncsu.edu for modified schedule dates.

Studio A

Studio B

Studio C

Studio D

Outdoors