

FALL 2021 FITWELL FOR ALL SCHEDULE *(Sponsored by Baylor Scott & White)*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6:30-7:15 am		START UP (Nich)		START UP (Nich)		
12:15-1 pm	STONE & STRETCH (Van)	GENTLE YOGA (Lilly)	TABATA CIRCUIT (Van)	GENTLE YOGA (Lilly)	REFIT (Maddy)	
4:15-5:00 pm	TAEKWONDO (Noor)	BOXING (Josh)	TAEKWONDO (Noor)	BOXING (Josh)		
5:30-6:15 pm	BEAR CYCLE (Courtney) YOGA (Jodi)	BEAR CYCLE (Kathi) REFIT (Chelsea) *Faculty/Staff Only Resistance Training Program	BEAR CYCLE (Keke) ZUMBA (Rose)	BEAR CYCLE (Rheanna) REFIT (Chelsea) *Faculty/Staff Only Resistance Training Program		Sunday @ 5:30pm-6:15 pm BEAR CYCLE (Keke) BOXING (Josh)
6:30-7:15 pm	Hip Hop (Kayla)	BARRE TONING (Hope) BEAR CYCLE (Courtney)	WELLNESS WEDNESDAY WORKOUT @Barfield or Fountain Mall	BARRE TONING (Hope) BEAR CYCLE (Courtney)		Sunday @ 6:30-7:15 pm REFIT (Chelsea)
7:30-8:15pm	YOGA (Clara)	REFIT (Alex)	YOGA (Clara)	REFIT (Alex)		Sunday @ 7:30 pm -8:15 pm YOGA (Clara)
8:30-9:15 pm	REFIT (Maddy)	BLACK BELT FITNESS (Mathew)	BOLLYWOOD (Mili)	BLACK BELT FITNESS (Matthew)	<p>Purple Ink Classes are held in the Bearobics Studio (SLC 3rd floor)</p> <p>Red Ink Classes are held at Russell Gym</p>	