

FINALS WEEK FITWELL SCHEDULE FALL 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15AM	F45 - Essy & Katelyn	F45 - Katelyn & Brittany	F45 - Savannah & Katelyn	F45 - Katelyn & Brittany	F45 - Essy & Karissa
	BEAR CYCLE - Elissa		BEAR CYCLE - Madi J.		
7:30AM		F45 - Katelyn & Brittany		F45 - Katelyn & Brittany	YOGA - Maya
12:15PM	F45 - Essy & Raquel		F45 - Essy & Brittany	F45 - Van & Tai B.	F45 - Essy & Raquel
	GENTLE YOGA - Leah		GENTLE YOGA - Leah		GENTLE TONE - Van
4:15PM	BEAR CYCLE - Meg			BEAR CYCLE - Meg	BEAR CYCLE - Annalise
5:30PM	F45 - Karissa & Tai	F45 - Raquel & Emma	F45 - Katelyn & Brittany	F45 - Raquel & Emma	
	DANCE FITNESS - Raychel M.	YOGA - Brittany	YOGA - Tori	YOGA - Leah	
			BEAR CYCLE - Lauren		
6:45PM	BEAR CYCLE - Madi J.	BEAR CYCLE - Katherine	BEAR CYCLE - Katherine	BEAR CYCLE - Katherine	
	STEP IT UP !- Susu				
	BOXING CONDITIONING- Aaron	MMA - Maya	BOXING CONDITIONING- Aaron		
8:00PM	F45 - Tori & Jacob	YOGA - Ainsley		YOGA - Maya	



TAKE A STUDY BREAK, SWEAT THE STRESS AWAY, & GOOD LUCK!!

FREE FOR ALL!



For information on Spring memberships
email wellness@baylor.edu

F45	3rd floor of the SLC at the end of the track	BOXING, TRX, MMA	Russell Gym balcony
BEAR CYCLE	Bear cave in Russell Gym	ALL OTHER CLASSES	Bearobics studio on the 3rd floor of the SLC