<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<td>6:15 AM</td>
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<td>YOGA Viviana</td>
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**Monday**
- 6:15 AM: F45, Mandi & Sam
- Bear Cycle, Courtney
- Gentle Yoga, Kim
- 7:30 AM: F45, Essy & Kris
- 12:15 PM: F45, Van & Tai
- Bear Cycle, Kelsey
- 4:15 PM: F45, Maddy & Sammi
- Box Fitness, Vanessa
- 5:30 PM: F45, Raquel & Sammi
- Bear Cycle, Rebecca
- MMA, Kyle
- 6:45 PM: F45, Anna & Kris
- Bear Cycle, Allie
- F45, Erik & Maddy
- Gentle Yoga, Devin
- 8:00 PM: F45, Caleb & Grant
- Yoga, Viviana
- Boxing, Samantha

**Tuesday**
- 6:15 AM: F45, Katelyn & Karolina
- Yoga, Leah
- Bear Cycle, Courtney
- 7:30 AM: F45, Essy & Katelyn
- 12:15 PM: F45, Katelyn & Karolina
- Yoga, Van & Tai
- Bear Cycle, Van
- 4:15 PM: F45, Raquel and Maddy
- Bear Cycle, Allie
- 5:30 PM: F45, Raquel & Sammi
- Bear Cycle, Rebecca
- 6:45 PM: F45, Brittany & Erik
- Gentle Yoga, Devin
- 8:00 PM: F45, Erik & Anna
- Yoga, Anna
- Boxing, Samantha

**Wednesday**
- 6:15 AM: F45, Katelyn & Karolina
- Yoga, Leah
- Bear Cycle, Courtney
- 7:30 AM: F45, Katelyn & Karolina
- Yoga, Van & Tai
- Bear Cycle, Van
- 12:15 PM: F45, Essy & Katelyn
- Yoga, Kelsey
- Gentle Cycle, Van
- 4:15 PM: F45, Maddy & Kris
- Bear Cycle, Maddy & Sammi
- 5:30 PM: F45, Maddy & Kris
- 6:15 PM: F45, Van & Tai
- 8:00 PM: F45, Erik & Anna
- Yoga, Anna
- Boxing, Samantha

**Thursday**
- 6:15 AM: F45, Katelyn & Karolina
- Yoga, Leah
- Bear Cycle, Courtney
- 7:30 AM: F45, Katelyn & Karolina
- Yoga, Van & Tai
- Bear Cycle, Van
- 12:15 PM: F45, Essy & Katelyn
- Yoga, Kelsey
- Gentle Cycle, Van
- 4:15 PM: F45, Maddy & Kris
- Bear Cycle, Maddy & Sammi
- 5:30 PM: F45, Maddy & Kris
- 6:15 PM: F45, Van & Tai
- 8:00 PM: F45, Erik & Anna
- Yoga, Anna
- Boxing, Samantha

**Friday**
- 6:15 AM: F45, Katelyn & Karolina
- Yoga, Leah
- Bear Cycle, Courtney
- 7:30 AM: F45, Katelyn & Karolina
- Yoga, Van & Tai
- Bear Cycle, Van
- 12:15 PM: F45, Essy & Katelyn
- Yoga, Kelsey
- Gentle Cycle, Van
- 4:15 PM: F45, Maddy & Kris
- Bear Cycle, Maddy & Sammi
- 5:30 PM: F45, Maddy & Kris
- 6:15 PM: F45, Van & Tai
- 8:00 PM: F45, Erik & Anna
- Yoga, Anna
- Boxing, Samantha

**Saturday**
- 6:15 AM: F45, Katelyn & Karolina
- Yoga, Leah
- Bear Cycle, Courtney
- 7:30 AM: F45, Katelyn & Karolina
- Yoga, Van & Tai
- Bear Cycle, Van
- 12:15 PM: F45, Essy & Katelyn
- Yoga, Kelsey
- Gentle Cycle, Van
- 4:15 PM: F45, Maddy & Kris
- Bear Cycle, Maddy & Sammi
- 5:30 PM: F45, Maddy & Kris
- 6:15 PM: F45, Van & Tai
- 8:00 PM: F45, Erik & Anna
- Yoga, Anna
- Boxing, Samantha

**Sunday**
- 6:15 AM: F45, Katelyn & Karolina
- Yoga, Leah
- Bear Cycle, Courtney
- 7:30 AM: F45, Katelyn & Karolina
- Yoga, Van & Tai
- Bear Cycle, Van
- 12:15 PM: F45, Essy & Katelyn
- Yoga, Kelsey
- Gentle Cycle, Van
- 4:15 PM: F45, Maddy & Kris
- Bear Cycle, Maddy & Sammi
- 5:30 PM: F45, Maddy & Kris
- 6:15 PM: F45, Van & Tai
- 8:00 PM: F45, Erik & Anna
- Yoga, Anna
- Boxing, Samantha

**Register & Pay**
- [www.baylor.edu/wellness](http://www.baylor.edu/wellness)
- "Fitness & Nutrition"
- "FitWell Programs Registration"

**Students:**
- F45 & Group X - $75
- Group X - $50
- F45 - $50

**Faculty & Staff:**
- F45 & Group X - $50