

# FITWELL FALL 2019 SCHEDULE: September 3<sup>rd</sup> – December 6<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<b>6:15am-7:15am</b>	F45 - Blake & Anna	F45 – Chase & Blake Yoga - Bonnie	F45 – Holli & Kris Yoga - Ashley	F45 – Chase & Blake Yoga - Bonnie	F45 - Blake & Anna	Saturday @ 10:00AM Yoga - Lauren
<b>7:30am-8:30am</b>		F45 – Sammi & Mandi		F45 – Sammi & Paige		Sunday @ 5:30pm-6:30pm F45 – Emma & Erik
<b>12:15pm-1:00pm</b>	F45 – Sammi & Paige Yoga - Kim Bear Cycle - Kathi	F45 – Van & Tai Yoga - Kelsey	F45 – Sammi & Madison Bear Cycle - Van	F45 – Van & Tai Yoga - Kelsey	F45 – Kris & Madison Yoga - Kim	Sunday @ 6:45 pm-7:45pm Zumba - David Sunday @ 7:00 pm-8:00pm F45 – Haris & Madison
<b>4:15pm-5:15pm</b>	F45 – Megan & Grace Barre - Roisin Boxing - Jordan	F45 – Megan & Grace	F45 – Megan & Grace Barre - Roisin Boxing - Jordan	F45 – Megan & Grace	<b>Fall Membership ONLY... \$50/semester</b>  <b>*Free Weeks: 8/3 – 8/15</b>  <b>Register &amp; Pay: Baylor.edu/wellness</b>   <b>“Fitness &amp; Nutrition”</b>   <b>“FitWell Program Registration”</b>	Sunday @ 8:00 pm 9:00pm Yoga - Ashley
<b>5:30pm-6:30pm</b>  *locations vary	F45 – Sam & Megan Jazz It Up! - Roisin Bear Cycle - Rebecca MMA - Kylie Aquacise – Lauren	F45 – Kris & Holli Gentle Yoga - Alexandra Bear Cycle - Abby	F45 – Erik & Megan Zumba - Rose Bear Cycle - Rebecca MMA - Kylie Aquacise - Paityn	F45 – Anna & Erik Gentle Yoga - Alexandra Bear Cycle - Abby		<b>Locations</b> <b>F45 - F45 Studio 3<sup>rd</sup> Floor SLC</b>  <b>Yoga– Bearobics Studio 3<sup>rd</sup> floor SLC</b>  <b>Bear Cycle – Bear Cave Russell Gym</b>  <b>MMA/Boxing/Taekwondo 2nd Floor Russell Gym</b>
<b>6:45pm - 7:45pm</b>  *locations vary	F45 – Haris & Brittany Yoga - Bailey Bear Cycle - Keijha	F45 – Brittany & Paige Yoga - Lauren Bear Cycle - Courtney MMA - Erik	F45 – Erik & Haris Yoga - Bailey Bear Cycle - Keijha	F45 – Haris & Madison Yoga - Brittany Bear Cycle - Courtney MMA - Erik		
<b>8:00pm-9:00pm</b>	Taekwondo - Victoria	F45 – Erik & Anna Yoga - Stephanie	Taekwondo - Victoria	F45 – Kris & Madison Yoga - Stephanie		