

FITWELL FALL 2019 SCHEDULE: September 3rd – December 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
6:15am-7:15am	F45 - Blake & Anna	F45 – Chase & Blake Yoga - Bonnie	F45 – Holli & Kris	F45 – Chase & Blake Yoga - Bonnie	F45 – Chase & Blake	Saturday @ 10:00AM Yoga - Lauren
7:30am-8:30am		F45 – Sammi & Mandi		F45 – Mandi & Paige		Sunday @ 5:30pm-6:30pm F45 – Emma & Erik
12:15pm-1:00pm	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
4:15pm-5:15pm	F45 – Megan & Grace Barre - Roisin Boxing - Jordan	F45 – Erik & Grace	F45 – Megan & Grace Barre - Roisin Boxing - Jordan	F45 – Megan & Grace	Fall Membership ONLY... \$50/semester *Free Weeks: 9/3 – 9/15 Register & Pay: Baylor.edu/wellness  “Fitness & Nutrition”  “FitWell Program Registration”	Locations F45 - F45 Studio 3rd Floor SLC Yoga– Bearobics Studio 3rd floor SLC Bear Cycle – Bear Cave Russell Gym MMA/Boxing/Taekwondo 2nd Floor Russell Gym
5:30pm-6:30pm	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		
6:45pm - 7:45pm	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		
8:00pm-9:00pm	Taekwondo - Victoria	F45 – Erik & Anna Yoga - Stephanie	Taekwondo - Victoria	F45 – Kris & Madison Yoga - Stephanie		