<table>
<thead>
<tr>
<th>TIMES</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>WEEKEND</th>
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</thead>
</table>
| 6:30 – 7:20 AM| **Boxing Circuit**
                | Lied Boxing Studio
                | Kirsten                              | **Boxing Circuit**
                | Lied Boxing Studio
                | Sophie                              | **Cross Training Fitness**
                | Beyer 2420                           | **Kettlebells**
                | Jarrett                              | Beyer 2420                           | **Kettlebells**
                | East State Gym                       | Moria                                | Beyer 2420                           | **Cross Training Fitness**
                |                                                      |                                      | Jarrett                              | Beyer 2420                           | **Ethan**                              |

| 7:00 – 7:50 AM| **Total Body Conditioning**
                | Beyer 2420                           | **Total Body Conditioning**
                | Beyer 2420                           | **Total Body Conditioning**
                | Beyer 2420                           | **Cycle Fit**
                | East State Gym                       | **Cycle Fit**
                | Moria                                | East State Gym                       | **Cycle Fit**
                |                                                      |                                      | **Beyer 2420**
                |                                                      |                                      | **Ashley**                            |

| 8:30 – 9:20 AM| **Barre**
                | State 2218                           | **Barre**
                | State 2218                           | **Barre**
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                | State 2218                           | **Barre**

**TO REGISTER:**

1. **GO TO RECRESOURCES/STATEUDENT/Classes/ 0.45565**

2. **SELECT THE CLASS YOU WANT TO ATTEND**

3. **RESERVE YOUR SPOT BY LOGGING IN WITH YOUR NET ID**

4. **ATTEND CLASS AND GET FIT DONE!**

*Classes are subject to changes.

*Classes are included in your membership.

*Face coverings required for all indoor classes.

*Registration is required via our website and is open 3 days prior to the start of each class.