<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>ZUMBA 4:15 – 5:30pm Raquel</td>
<td>GROUP STRENGTH 7 – 7:45am Lauren Sa</td>
<td>HIIT 7 – 7:45am Madison</td>
<td>GROUP STRENGTH 7 – 7:45am Johnny</td>
<td>HIIT 7 – 7:45am Natalie</td>
<td>GROUP STRENGTH 7 – 7:45am Melissa</td>
<td>YOGA STRENGTH* 10:15 – 11:15am Allison</td>
</tr>
<tr>
<td>C Y L I N G * 5:15 – 6:15pm Bri</td>
<td>POWERFLOW 7 – 7:45am Aliy</td>
<td>TRAIN360 12:05 – 12:50pm Emily G</td>
<td>POWERFLOW 7 – 7:45am Tyler</td>
<td>TRAIN360 12:05 – 12:50pm Morgan</td>
<td>POWERFLOW 12:05 – 12:50pm Logan K</td>
<td>ZUMBA 11:15 – 12pm Johnny</td>
</tr>
<tr>
<td>GROUP STRENGTH 4 – 4:45pm Alex</td>
<td>CYCLING 4:45 – 5:45pm Kearra</td>
<td>GROUP STRENGTH 4 – 4:45pm Alex</td>
<td>TRAIN360 4:45 – 5:35pm Bora 5 – 6pm Deb</td>
<td>TRAIN360 4:45 – 5:35pm Ania</td>
<td>GROUP STRENGTH 5 – 6pm Clara</td>
<td>GROUP STRENGTH 5:15 – 6:15pm Raquel</td>
</tr>
<tr>
<td>RHYTHM RIDE 4:45 – 5:45pm Niki</td>
<td>GROUP STRENGTH 5 – 6pm Deb</td>
<td>YOGA 5 – 6pm Paige</td>
<td>HIIT 5 – 6pm Deb</td>
<td>POWERFLOW 5 – 6pm Hope</td>
<td>DEEP WATER* 5:15 – 6pm Mariah</td>
<td>Cycling Studio</td>
</tr>
<tr>
<td>TRAIN360 4:45 – 5:35pm Bora 5 – 6pm Deb</td>
<td>CYCLING 6 – 7pm Niki</td>
<td>DEEP WATER 5:15 – 6pm Lizzie</td>
<td>POWERFLOW 5 – 6pm Logan S</td>
<td>CYCLING 6 – 7pm Olivia G</td>
<td>DEEP WATER* 5:15 – 6pm Mariah</td>
<td>Room 1065</td>
</tr>
<tr>
<td>HIIT 5 – 6pm Alex</td>
<td>CYCLING 6 – 7pm Niki</td>
<td>POWERFLOW 5 – 6pm Logan S</td>
<td>CYCLING 6 – 7pm Mariah</td>
<td>CYCLING 6 – 7pm Olivia G</td>
<td>DEEP WATER* 5:15 – 6pm Mariah</td>
<td>Diving Well</td>
</tr>
<tr>
<td>POWERFLOW 5 – 6pm Emily J</td>
<td>CYCLING 6 – 7pm Niki</td>
<td>POWERFLOW 5 – 6pm Logan S</td>
<td>CYCLING 6 – 7pm Mariah</td>
<td>CYCLING 6 – 7pm Olivia G</td>
<td>DEEP WATER* 5:15 – 6pm Mariah</td>
<td>Personal Training Studio</td>
</tr>
</tbody>
</table>

**Location Key**

- Cycling Studio
- Room 1065
- Diving Well
- Personal Training Studio
- Gym 2

**Fall Group Fitness schedule effective September 4 – December 11. All classes are at the Natatorium.**

Please bring your Wiscard or Rec Well Membership Card to class and wear athletic shoes for all classes except Powerflow, Yoga, and Deep Water.

Buy your Group Fitness Pass at services.recwell.wisc.edu or at the Natatorium Member Services office. All group fitness classes are free September 4 – 15 and during Finals Week, December 12 – 19. A Finals Week schedule will be posted in December.

**Thanksgiving Break:** Classes are cancelled after 1pm on Wednesday, November 27 through Sunday, December 1.

**Cycling, Rhythm Ride, & Train360:** Reserve your spot online at services.recwell.wisc.edu up to 48 hours before class begins. Arrive 5 minutes early to claim your spot. No-shows are subject to a penalty.

*These classes are cancelled on September 14, September 15, October 19 and December 12 due to events.*

recwell.wisc.edu