

BAKKE RECREATION & WELLBEING CENTER SUMMER 2024 GROUP FITNESS SCHEDULE

May 20 - August 16

HOURS	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 - 8:15AM (45 minutes) <i>(May 28 - Aug 16)</i>		POWERFLOW Kat Willow Deck	YOGA FOR STRESS RELIEF Kelly Willow Deck	POWERFLOW Lily Willow Deck	YOGA GOLD Evelyn Willow Deck		
7:30 - 8:15AM (45 minutes)		TRAIN360 OUTDOORS Maya Rooftop		TRAIN360 OUTDOORS Theo Rooftop			
HOURS	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

KEY

CARDIO
HIGH INTENSITY INTERVALS
STRENGTH
MIND-BODY

Purchase your Group Fitness Pass at services.recwell.wisc.edu. Please bring your Wiscard or Rec Well Membership Card to class. Please arrive 10 minutes early to class to allow for check-in and set up. No late entry or exit/re-entry permitted.

Memorial Day: Classes canceled on Monday, May 27

Independence Day: Classes canceled on Thursday, July 4

Schedule subject to change.