

# WARHAWK FITNESS

## GROUP FITNESS SCHEDULE

### JANUARY 17TH - MARCH 17TH



Monday	Tuesday	Wednesday	Thursday	Friday
<b>MIND-BODY</b>	<b>CARDIO</b>	<b>CYCLING</b>	<b>STRENGTH</b>	<b>MASH-UP</b>
		7:15a - 8a CYCLING (cycling studio)		11:15a - 12n BARBELL STRENGTH
12n - 12:45p YOGA		12n - 12:45p YOGA		12n - 1p YOGA
4:30p - 5:15p BARBELL STRENGTH	4:30p - 5:15P TOTAL TRX	4p - 4:45p CYCLING (cycling studio)	4:30p - 5:15p TOTAL BODY 45	
5:15p - 5:45p BELOW THE BELT	5:15P - 6P 30M HIIT + CORE 360		5:15P - 6P STEP	
5:45p - 6:30p 30M HIIT + CORE 360	6P - 6:45P TOTAL BODY 45	5:15P - 6:15P TRIPLE THREAT	5:30p - 6:15p CYCLING (cycling studio)	
5:45p - 6:30p CYCLING (cycling studio)	6:30p - 7:15p CYCLING (cycling studio)	6:15p - 6:45p BELOW THE BELT	6P - 6:45p BARBELL STRENGTH	
6:30p - 7:15p GROUP STRENGTH + CORE 360	6:45P - 7:45P YOGA	6:45P - 7:45P YOGA	6:45P - 7:45P YOGA	
7:15P - 8:15P YOGA	<b>RESERVATION LINK: <a href="https://imleagues.com/uww/">IMLEAGUES.COM/UWW/</a></b> <b>RESERVATIONS</b> <b>*CLASSES AVAILABLE 7 DAYS IN ADVANCED, SPACE IS LIMITED*</b>			