

FITNESS CLASS SCHEDULE: MAY 10- AUG. 21

REGISTER: USDFIT APP / WELLNESS.USD.EDU / 605-677-8803

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Circuit Strength 5:10 AM	Body Pump 6:00 AM	Circuit Strength 5:10 AM	Body Pump 6:00 AM	Circuit Strength 5:10 AM	Express Row 8:30 AM
Stretch, Core + More 8:00 AM	Vinyasa Flow 7:00 AM	Stretch, Core + More 8:00 AM	Yoga Inc. 7:00 AM	Yoga Flow 9:00 AM	Body Pump 9:15 AM
Express Row 8:30 AM	Forever Fit 8:30 AM	Express Row 8:30 AM	Forever Fit 8:30 AM	Mat Pilates 12:05 PM	Yoga 9:30 AM
Yoga Flow 9:00 AM	Strength & Balance 12:05 PM	Barre Blast 12:05 PM	Circuit Circus 12:05 PM		
Steppin' Out 12:05 PM	Hot Baptiste Yoga 5:30 PM	Throw Back Cardio 12:05 PM	Body Pump Express 12:05 PM		
Body Pump 5:30 PM	Zumba 7:00 PM	Cycle Express 4:00 PM	Stretch & Restorative Yoga 5:30 PM		
		Kisado 5:30 PM	Zumba 7:00 PM		

LOCATION:

VIRTUAL

VIRTUAL + IN-PERSON

IN-PERSON

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES