

FINALS		FITNESS	SCHEDULE	April 29 - May 5			
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:00am	CARDIO STRENGTH Alicia - 112		CARDIO STRENGTH Alicia - 112				
6:00-7:00am		LM BODY PUMP Alicia - 112					
7:00 -7:30am		CYCLE EXPRESS Drew - 109					
7:00-8:00am							
7:30-8:00am	EXPRESS ROW Hailey - 112		EXPRESS ROW Mo or Dot - 112		EXPRESS ROW Mo or Dot - 112		
8:10-8:40am	STRETCH AND CORE Hailey - 112		STRETCH AND CORE Mary - 112				
8:15-9:00am							
8:30 -9:00am							
8:30-9:15am		FOREVER FIT Paige -upstairs		FOREVER FIT Mary - 112			
9:00-10:00am	BREATHE & FLOW YOGA Laurie - 113		BREATHE & FLOW YOGA Laurie - 113		BREATHE & FLOW YOGA Laurie - 113		
9:15 - 10:15am							
9:30 - 10:45am		YIN YOGA Laurie - 113		YIN YOGA Laurie - 113			
9:45-10:30am	CHAIR IN MOTION Mary - 112		CHAIR IN MOTION Mary - 112				
10:30-11:30am							
12:05-12:50pm	MAT PILATES Mary - 112	POWER HOUR Anna - 112	BARRE BLAST Becca - 113	LM BODY COMBAT Dottie - 112	LM EXP BODY PUMP Stacey - 112		
1:00-1:45pm							
4:30-5:15pm		LM BODY COMBAT Dottie - 112			LM BODY COMBAT Wynette - 112	CYCLE Wynette- 109  UNIVERSITY OF SOUTH DAKOTA If you are a person with a disability and need special accommodations to fully participate, please contact Disability Services 48 hours in advance at 605-658-3745	
4:30-5:30pm				ELEVATED INTERVALS Amy - 113 (50 min)			
4:45 - 5:15pm	CYCLE EXPRESS Dottie - 109						
5:30 - 6:15pm							
5:30 - 6:30pm	LM BODY PUMP Wynette - 112		SLOW FLOW YOGA Sandi - 113		STRETCH RESTORE YOGA Sandi - 113		
6:00 - 7:00pm	HOT YOGA FLOW Hanna - 113	HOT POWER VINYASA Olivia - 113		HOT POWER VINYASA Olivia - 113	WERQ Heeyoung - 112		
7:00 - 7:45pm			WERQ Heeyoung - 112	KISADO Nikki - 112			
7:00-7:45pm	MAT PILATES Beata - 113		HOT SCULPT YOGA Addyson - 113				