

# MARCH

## GROUP FITNESS SCHEDULE

Bryan Williams, M.D. Student Center

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
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4 5:00p: Gentle Flow Yoga 5:30p: Running Club	5 12:00p: Yoga Break 5:00p: High Intensity Strength 6:00p: Strength and Conditioning	6 4:30p: Vinyasa Yoga 7:00p: Latin Dance Beginner 7:40p: Latin Dance Intermediate	7 3:30p: Yoga Break 6:00p: Strength and Conditioning	8
11 5:00p: Gentle Flow Yoga 5:30p: Running Club	12 12:00p: Yoga Break 6:00p: Strength and Conditioning	13 4:30p: Vinyasa Yoga 5:30p: High Intensity Strength 7:00p: Latin Dance Beginner 7:40p: Latin Dance Intermediate	14 3:30p: Yoga Break 6:00p: Strength and Conditioning	15
18 5:00p: Gentle Flow Yoga 5:30p: Running Club	19 12:00p: Yoga Break 6:00p: Strength and Conditioning	20 4:30p: Vinyasa Yoga 5:30p: High Intensity Strength 7:00p: Latin Dance Beginner 7:40p: Latin Dance Intermediate	21 3:30p: Yoga Break 6:00p: Strength and Conditioning	22
25 5:00p: Gentle Flow Yoga	26 12:00p: Yoga Break 6:00p: Strength and Conditioning	27 4:30p: Vinyasa Yoga	28 3:30p: Yoga Break	29
				2024