



CARLETON UNIVERSITY

GROUP FITNESS

FALL 2016 & WINTER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
BOOT CAMP 7:00 - 8:00 AM	BUTT & GUTT 7:00 - 7:45 AM	EARLY RISER CARDIO KICK 6:45 - 7:30 AM	BOOT CAMP 7:00 - 8:00 AM	BUTT & GUT 7:00 - 7:45 AM	CARDIO KICK & STEP 7:00 - 7:45 AM	BOOT CAMP 7:00 - 8:00 AM				
FIFTIES PLUS 9:30 - 11:00 AM	BANDS & BUNS 10:00 - 11:00 AM	20/20/20 9:30 - 10:45 AM	FIFTIES PLUS 9:30 - 10:30 AM	TOP GUNS, ROCK BOTTOM 10:00 - 11:00 AM	STEP FUSION 9:30 - 10:45 AM	FIFTIES PLUS 9:30 - 11:00 AM	BODY WEIGHT BOOT CAMP 10:00 - 11:00 AM	STRETCH & STRENGTH FOR MATURE ADULTS 9:00 - 10:15 AM	WEEKEND WARRIOR 9:00 - 10:00 AM	BOOT CAMP 10:00 - 11:00 AM
AEROBIC KICKBOXING 12:05 - 12:55 PM	TABATA 12:10 - 12:50 PM	STRENGTH-O-NOMICS 12:05 - 12:55 PM	STEP 12:05 - 12:55 PM	EXPRESS BOOT CAMP 12:10 - 12:50 PM	FUNCTIONAL CORE 12:05 - 12:55 PM	MUSCLE MIX 12:05 - 12:55 PM				
		STEP UP 1:00 - 2:00 PM								
PIYO 4:00 - 5:00 PM	CARDIO FUSION 4:15 - 5:00 PM		CARDIO FUSION 4:45 - 5:30 PM	CARDIO JAM 4:30 - 5:30 PM		20/20/20 5:00 - 6:00 PM				
TOP GUNS, ROCK BOTTOM 5:00 - 6:00 PM			JUST LIFT 5:30 - 6:30 PM	POWER STEP & CORE 5:30 - 6:30 PM						
FIRED UP 6:00 - 6:45 PM			AEROBIC KICKBOXING 6:30 - 7:30 PM	HARD CORE CONDITIONING 6:30 - 7:30 PM	FUNCTIONAL MOVEMENT 6:00 - 7:30 PM					
	H.I.I.T. 6:30 - 7:30 PM			STRETCH & STRENGTH FOR MATURE ADULTS 7:30 - 8:30 PM						
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	POWER CORE 8:00 - 9:00 PM			BOOT CAMP 8:30 - 9:30 PM						

ROOM 2404

MULTIPURPOSE ROOM

YOGA ROOM

POOL

COMBATIVES ROOM