

CUFIT SCHEDULE

* MEMBERS ONLY

SPRING 2024 (APR 29 - JUNE 28)



MON

12:05 - 12:55 PM
KETTLEBELL
MULTIPURPOSE ROOM
DANIEL Z.

12:05 - 12:55 PM
CU SPIN HITS
SPIN STUDIO
LISA H.

5:30 - 6:30 PM
SPIN & STRENGTH
SPIN STUDIO
MELANIE R.

6:00 - 7:00 PM
FLOW YOGA
YOGA STUDIO
ADRIAN S.

6:00 - 7:00 PM
GLOW ZUMBA
MULTIPURPOSE ROOM
CAROLINA I.

TUE

12:05 - 12:55 PM
PILATES
YOGA STUDIO
PAM F.

12:05 - 12:55 PM
CU STRONG
MULTIPURPOSE ROOM
DANIEL Z.

5:00 - 6:00 PM
KICKBOXING
FUNDAMENTALS
COMBATIVES STUDIO
JEN K.

6:00 - 7:00 PM
HATHA YOGA
YOGA STUDIO
CIDALIA R.

WED

12:05 - 12:55 PM
HATHA YOGA
YOGA STUDIO
ETIENNE R.

12:05 - 12:55 PM
STRENGTH & STRETCH
MULTIPURPOSE ROOM
LACEY T.

5:45 - 6:45 PM
CU SPIN HITS
SPIN STUDIO
REBECA T.

6:00 - 7:00 PM
ZUMBA
RAVENS STUDIO
CAROLINA I.

7:45 - 8:45 PM
BALLISTIC BOXING
COMBATIVES STUDIO
SAM & MARTIN F.

THU

12:05 - 12:55 PM
PILATES
YOGA STUDIO
PAM F.

12:05 - 12:55 PM
KICKBOXING
FUNDAMENTALS
COMBATIVES STUDIO
JEN K.

5:00 - 6:00 PM
CU STRONG
MULTIPURPOSE ROOM
DANIEL Z.

5:00 - 6:00 PM
BALLET BARRE
PILATES COMBO
COMBATIVES STUDIO
PAM F.

5:45 - 6:30 PM
CU SPIN HITS
SPIN STUDIO
MELANIE R.

6:00 - 7:00 PM
HATHA YOGA
YOGA STUDIO
KELSEY Y.

FRI

12:05 - 12:55 PM
SPIN & YOGA
SPIN STUDIO
LISA H.

12:05 - 12:55 PM
STRENGTH & STRETCH
MULTIPURPOSE ROOM
MAGNUS C.

 **CARDIO & STRENGTH**

 **DANCE**

 **MARTIAL ARTS**

 **SPIN**

 **YOGA**