



CUFIT SCHEDULE



SPRING 2023 (MAY 1 - JUNE 30)

MON

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

5:00 - 6:00 PM
HATHA YOGA
YOGA STUDIO
MARK B.

6:00 - 7:00 PM
CU STRONG
MULTIPURPOSE ROOM
MELANIE R.

TUE

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

4:15 - 5:15 PM
CU SHRED
MULTIPURPOSE ROOM
VICTORIA G.

5:00 - 6:00 PM
SPIN & YOGA
SPIN STUDIO
TAMARA T.

5:00 - 6:00 PM
GLOW YOGA
COMBATIVES STUDIO
CIDALIA R.

6:00 - 7:00 PM
ZUMBA
COMBATIVES STUDIO
MJ

WED

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

4:00 - 5:00 PM
GLOW YOGA
COMBATIVES STUDIO
DANIEL Z.

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

5:00 - 6:00 PM
CU SPIN HITS
SPIN STUDIO
VICTORIA G.

THU

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

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

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

5:45 - 6:45 PM
KICKBOXING
FUNDAMENTALS
ACTIVITY ROOM
JEN K.

6:00 - 7:00 PM
ZUMBA
MULTIPURPOSE ROOM
MJ

FRI

12:05 - 12:55 PM
YIN YOGA
YOGA STUDIO
ALYSE M.

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

5:00 - 6:00 PM
HATHA YOGA
YOGA STUDIO
ALYSE M.

- **CARDIO & STRENGTH**
- **DANCE**
- **MARTIAL ARTS**
- **SPIN**
- **YOGA**