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WINTER 2025 (JAN 6 - APR 26)

CUFIT SCHEDULE

MONDAY

12:05 PM - 12:55 PM
CU CIRCUIT
CURT B. MULTIPURPOSE

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

12:05 PM - 12:55 PM
AQUAFIT
MEGAN S. POOL

12:05 PM - 12:55 PM
POWER YOGA
NATHIE YOGA STUDIO

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

6:00 PM - 7:00 PM
PILATES
BRYNN O. YOGA STUDIO

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

TUESDAY

9:30 AM - 10:30 AM
CU SPIN HIITS*
EMILANO SPIN STUDIO

12:05 PM - 12:55 PM
CORE STRONG
DANIEL Z. YOGA STUDIO

12:05 PM - 12:55 PM
CU CIRCUIT
ZOE K. MULTIPURPOSE

5:30 PM - 6:30 PM
**KICKBOXING
FUNDAMENTALS**
JEN K. COMBATIVES

7:15 PM - 8:15 PM
CU CIRCUIT
MELANIE R. MULTIPURPOSE

WEDNESDAY

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

12:05 PM - 12:55 PM
CU CIRCUIT
LACEY T. MULTIPURPOSE

5:30 PM - 6:30 PM
CU SPIN HIITS*
REBECA T. SPIN STUDIO

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

6:00 PM - 7:00 PM
GLOW YOGA
CHRISTINA P. YOGA STUDIO

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

THURSDAY

12:05 PM - 12:55 PM
FLOW YOGA
TARA A. YOGA STUDIO

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

5:00 PM - 6:00 PM
CU CIRCUIT
DANIEL Z. MULTIPURPOSE

5:30 PM - 6:30 PM
HATHA YOGA
KELSEY Y. YOGA STUDIO

5:30 PM - 6:15 PM
CU SPIN HIITS*
MELANIE R. SPIN STUDIO

6:15 PM - 7:00 PM
CU SPIN HIITS*
MELANIE R. SPIN STUDIO

FRIDAY

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

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

12:05 PM - 12:55 PM
CU STRONG
GRACE D. MULTIPURPOSE

5:00 PM - 6:00 PM
GENTLE HATHA
SARA C. YOGA STUDIO

6:00 PM - 7:00 PM
**KICKBOXING
FUNDAMENTALS**
JEN K. COMBATIVES

6:00 PM - 7:00 PM
ZUMBA
CAROLINA O. MULTIPURPOSE

SATURDAY

11:00 AM - 12:00 PM
HATHA YOGA
SARA C. YOGA STUDIO