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WINTER 2025 (JAN 6 - APR 26)

CUFIT SCHEDULE

MONDAY

12:05 PM - 12:55 PM

CU CIRCUIT

CURT B. MP ROOM

12:05 PM - 12:55 PM

CU SPIN HIITS*

LISA H. SPIN STUDIO

12:05 PM - 12:55 PM

AQUAFIT

MEGAN S. POOL

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

NEW

9:30 AM - 10:30 AM

CU SPIN HIITS*

EMILANO SPIN STUDIO

12:05 PM - 12:55 PM

CU CIRCUIT

ZOE K. MP ROOM

12:05 PM - 12:55 PM

PILATES

DANIEL Z. YOGA STUDIO

5:30 PM - 6:30 PM

KICKBOXING FUNDAMENTALS

JEN K. COMBATIVES

6:00 PM - 7:00 PM

GLOW YOGA

CIDALIA R. YOGA STUDIO

7:15 PM - 8:15 PM

CU CIRCUIT

MELANIE R. MP ROOM

WEDNESDAY

12:05 PM - 12:55 PM

HATHA YOGA

ETIENNE R. YOGA STUDIO

12:05 PM - 12:55 PM

CU CIRCUIT

LACEY T. MP ROOM

5:15 PM - 6:15 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

NEW

12:05 PM - 12:55 PM

MOVEMENT & MOBILITY

DANIEL Z. YOGA STUDIO

12:05 PM - 12:55 PM

KICKBOXING FUNDAMENTALS

JEN K. COMBATIVES

5:00 PM - 6:00 PM

CU CIRCUIT

CAMILLE D. MP ROOM

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

HATHA 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

TBD. MP ROOM

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. COMBATIVES

SATURDAY

11:00 AM - 12:00 PM

HATHA YOGA

SARA C. YOGA STUDIO



**Carleton
RAVENS**