



# CUFIT SCHEDULE



FALL 2023 (SEPT 5 - DEC 18)

## MON

**7:00 - 8:00 AM**  
**CU SHRED**  
MULTIPURPOSE ROOM  
DANIEL Z.

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

**12:05 - 12:55 PM**  
**MOBILITY CIRCUIT**  
COMBATIVES STUDIO  
PAM F.

**5:00 - 6:00 PM**  
**CU STRONG**  
MULTIPURPOSE ROOM  
EMMA B.

**5:30 - 6:30 PM**  
**SPIN & STRENGTH**  
SPIN STUDIO  
VICTORIA G.

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

## TUE

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

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

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

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

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

**6:00 - 7:00 PM**  
**GLOW YOGA**  
YOGA STUDIO  
CIDALIA R.

**6:00 - 7:00 PM**  
**GLOW ZUMBA**  
ACTIVITY ROOM  
MJ

## WED

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

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

**4:00 - 5:00 PM**  
**CU SPIN HITS**  
SPIN STUDIO  
REBECCA T.

**5:00 - 6:00 PM**  
**CU SHRED**  
MULTIPURPOSE ROOM  
VICTORIA G.

**6:00 - 7:00 PM**  
**GLOW YOGA**  
YOGA STUDIO  
DANIEL Z.

**6:15 - 7:15 PM**  
**CU SPIN HITS**  
SPIN STUDIO  
VICTORIA G.

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

## THU

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

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

**4:30 - 5:30 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**  
**CU SPIN HITS**  
SPIN STUDIO  
VICTORIA G.

**5:45 - 6:45 PM**  
**POWER YOGA**  
YOGA STUDIO  
ALYSE M.

**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.

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

 **CARDIO & STRENGTH**

 **DANCE**

 **MARTIAL ARTS**

 **SPIN**

 **YOGA**