

*** SIGN-UP REQUIRED**
REC.CARLETON.CA/BOOKING

CUFIT SCHEDULE

FALL 2024 (SEPT 3 - DEC 21)

CLASSES ARE SUBJECT TO
CHANGE

CHECK THE CARLETON
ATHLETICS APP OR WEBSITE
FOR UPDATES

MON

12:05 - 12:55 PM
CU CIRCUIT
MULTIPURPOSE ROOM
LEX S.

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

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

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
ACTIVITY ROOM
CAROLINA I.

7:00 - 8:00 PM
PILATES
YOGA STUDIO
ADRIAN S.

TUE

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

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

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

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

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

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

WED

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

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

5:00 - 6:00 PM
CU STRONG
MULTIPURPOSE ROOM
GRACE D.

5:15 - 6:15 PM*
CU SPIN HIITS
SPIN STUDIO
REBECCA T.

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

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

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

THU

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

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

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

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

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

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

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

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

FRI

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

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

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

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

6:00 - 7:00 PM
ZUMBA
ACTIVITY ROOM
CAROLINA O.

SAT

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