

CUFIT SCHEDULE

FALL 2025 (SEPT 3 - DEC 19)

* SIGN UP REQUIRED
REC.CARLETON.CA/BOOKING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:05 - 12:55 PM CU CIRCUIT CURT B. MULTIPURPOSE 12:05 - 12:55 PM CU SPIN HIITS* LISA H. SPIN STUDIO 12:05 - 12:55 PM AQUAFIT MEGAN S. POOL 5:30 - 6:30 PM SPIN & STRENGTH* MELANIE R. SPIN STUDIO 5:30 - 6:30 PM YOGA MADDIE F. YOGA STUDIO 6:00 - 7:00 PM GLOW ZUMBA CAROLINA I. ACTIVITY ROOM	9:30 - 10:30 AM CU SPIN HIITS* EMILIANO C. SPIN STUDIO 12:05 - 12:55 PM CU CIRCUIT ZOE K. MULTIPURPOSE 5:30 - 6:30 PM KICKBOXING FUNDAMENTALS JEN K. COMBATIVES 5:30 - 6:30 PM GLOW YOGA KELSEY Y. YOGA STUDIO 6:00 - 7:00 PM CU SPIN HIITS* ISABELLA F. SPIN STUDIO	12:05 - 12:55 PM HATHA YOGA ETIENNE R. YOGA STUDIO 12:05 - 12:55 PM CU CIRCUIT LACEY T. MULTIPURPOSE 6:00 - 7:00 PM ZUMBA CAROLINA I. RAVENS STUDIO 6:00 - 7:00 PM GLOW YOGA CHRISTINA P. YOGA STUDIO 6:00 - 7:00 PM CU SPIN HIITS* REBECA T. SPIN STUDIO 7:45 - 8:45 PM BALLISTIC BOXING MARTIN F. COMBATIVES	12:05 - 12:55 PM CU INTRO PILATES* PAM F. YOGA STUDIO 12:05 - 12:55 PM KICKBOXING FUNDAMENTALS JEN K. COMBATIVES 5:00 - 6:00 PM BALLET BARRE COMBO PAM F. COMBATIVES 5:30 - 6:15 PM CU SPIN HIITS* MELANIE R. SPIN STUDIO 6:15 - 7:00 PM CU SPIN HIITS* MELANIE R. SPIN STUDIO 6:30 - 7:30 PM HATHA YOGA CHRISTINA YOGA STUDIO 7:15 - 8:15 PM CU CIRCUIT MELANIE R. MULTIPURPOSE	12:05 - 12:55 PM HATHA YOGA HOLLY L. COMBATIVES 12:05 - 12:55 PM SPIN & YOGA* LISA H. SPIN STUDIO 12:05 - 12:55 PM CU STRONG EMMA W. MULTIPURPOSE 5:00 - 6:00 PM GENTLE HATHA CHRISTINA P. YOGA STUDIO 6:00 - 7:00 PM ZUMBA CAROLINA O. MULTIPURPOSE 6:00 - 7:00 PM KICKBOXING FUNDAMENTALS JEN K. COMBATIVES	11:00 - 12:00 PM HATHA YOGA SARA C. YOGA STUDIO

SCHEDULE SUBJECT TO CHANGE

