



**RAVENS**

# GROUP FITNESS CUFIT PASS

## FALL 2018

Please click on a class to register

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:15 am <b>Express Boot Camp</b> COMBATIVES ROOM	7 - 7:45 am <b>Butt &amp; Gut</b> COMBATIVES ROOM	6:30 - 7:15 am <b>Express Boot Camp</b> COMBATIVES ROOM	7 - 7:45 am <b>Butt &amp; Gut</b> COMBATIVES ROOM	7 - 7:45 am <b>Boot Camp</b> COMBATIVES ROOM		
	10 - 11 am <b>Just Lift</b> COMBATIVES ROOM		10 - 11 am <b>Bands, Buns &amp; Balls</b> COMBATIVES ROOM		9 - 10 am <b>Weekend Warriors</b> COMBATIVES ROOM	10 - 11 am <b>Boot Camp</b> COMBATIVES ROOM
12 - 1 pm <b>Insanity Live</b> COMBATIVES ROOM	12 - 1 pm <b>Zumba</b> COMBATIVES ROOM	12 - 1 pm <b>Muscle Mix</b> COMBATIVES ROOM	12 - 1 pm <b>HIIT</b> COMBATIVES ROOM	12 - 1 pm <b>Zumba</b> COMBATIVES ROOM		12:30 - 1:30 pm <b>Zumba</b> COMBATIVES ROOM
12 - 1 pm <b>Step</b> MULTIPURPOSE ROOM	12:10 - 12:50 pm <b>Express Boot Camp</b> MULTIPURPOSE ROOM	12 - 1 pm <b>ELDOA</b> MULTIPURPOSE ROOM	12 - 1 pm <b>Pilates For All</b> MULTIPURPOSE ROOM	12:10 - 12:50 pm <b>Tabata</b> MULTIPURPOSE ROOM		
	12 - 1 pm <b>Pilates for All</b> ROOM 2404			12 - 1 pm <b>Pilates Fusion</b> ROOM 2404		
4:15 - 5 pm <b>Cardio Fusion</b> COMBATIVES ROOM	4:30 - 5:30 pm <b>Ballet Barre Pilates Combo</b> COMBATIVES ROOM	4:45 - 5:30 pm <b>Cardio Fusion</b> COMBATIVES ROOM		4:30 - 5:15 pm <b>15/15/15</b> COMBATIVES ROOM		
5 - 6 pm <b>Zumba</b> COMBATIVES ROOM		5 - 6 pm <b>Body Sculpting By Essentrics™</b> MULTIPURPOSE ROOM		4:30 - 5:30 pm <b>Cardio Jam</b> MULTIPURPOSE ROOM		
5 - 6 pm <b>Top Guns Rock Bottom</b> MULTIPURPOSE ROOM		6 - 7 pm <b>HIIT</b> MULTIPURPOSE ROOM	6:15 - 7:15 pm <b>Power Step &amp; Core</b> COMBATIVES ROOM			
5 - 6 pm <b>Yoga Pilates Tune-Up</b> YOGA ROOM	6 - 7 pm <b>Bodyworks</b> COMBATIVES ROOM	7:30 - 8:15 pm <b>Aerobic Kickboxing</b> COMBATIVES ROOM	6:30 - 7:30 pm <b>HIIT</b> MULTIPURPOSE ROOM			
6 - 7 pm <b>Tabata</b> MULTIPURPOSE ROOM	7 - 7:30 pm <b>Power Core</b> COMBATIVES ROOM	8:15 - 9 pm <b>Boxing Boot Camp</b> COMBATIVES ROOM				

COMBATIVES ROOM

MULTIPURPOSE ROOM

ROOM 2404

YOGA ROOM

No classes are scheduled Monday, October 8<sup>th</sup> (Thanksgiving)