



**RAVENS**

# FITNESS CLASS SCHEDULE

**SPRING 2018** [ May 6 - June 30 ]

Please click on a class to register

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 - 7:45 am <b>Express Bootcamp</b> (Nancy) COMBATIVES	7 - 7:45 am <b>Butt &amp; Gut</b> (Tamara) COMBATIVES	7 - 8 am <b>HIIT</b> (Carolina) COMBATIVES	7 - 7:45 am <b>Butt &amp; Gut</b> (Tamara) COMBATIVES	7 - 8 am <b>Bootcamp</b> (Tamara) COMBATIVES	9 - 10 am <b>Weekend Warriors</b> (Genevieve) COMBATIVES
* 9:30 - 11 am <b>50's Plus</b> (Tiana) [SPECIALTY] MULTIPURPOSE ROOM	9:30 - 10:45 am <b>20/20/20</b> (Genevieve) COMBATIVES	* 9:30 - 10:30 am <b>50's Plus Aqua</b> (Carolina) [SPECIALTY] POOL	9:30 - 10:45 am <b>Step Fusion</b> (Jenna) COMBATIVES	* 9:30 - 11:00 am <b>50's Plus</b> (Sylvie) [SPECIALTY] COMBATIVES	* ** 9:30 - 10:30 am <b>Women's Only Dynamic Kickboxing</b> (Sonia) [SPECIALTY] MULTIPURPOSE ROOM
12 - 1 pm <b>Hard Core Conditioning</b> (Jenna) MULTIPURPOSE ROOM	12 - 1 pm <b>Pilates</b> (Pam) MULTIPURPOSE ROOM	12 - 1 pm <b>Muscle Mix</b> (Susan) COMBATIVES	12 - 1 pm <b>Pilates</b> (Pam) MULTIPURPOSE ROOM	12 - 1 pm <b>Pilates Fusion</b> (Pam) MULTIPURPOSE ROOM	* 10:30 - 11:30 am <b>Women's Only Street Self Defense</b> (Sonia) [SPECIALTY] MULTIPURPOSE ROOM
12 - 1 pm <b>Fitness Ball</b> (Tiana) COMBATIVES	12 - 1 pm <b>Zumba</b> (Carolina) COMBATIVES	12 - 1 pm <b>Spin Core</b> (Sylvie) GROUP CYCLING ROOM	12:10 - 12:50 pm <b>Express Bootcamp</b> (Carolina) COMBATIVES	12 - 1 pm <b>Zumba</b> (Francine) COMBATIVES	10 - 11:30 am <b>Yoga</b> (Gisele) YOGA ROOM
12 - 1:30 pm <b>Yoga</b> (Anne) YOGA ROOM		12 - 1:30 pm <b>Yoga</b> (Christine) YOGA ROOM	12 - 1 pm <b>Spin &amp; Strength</b> (Jenna) GROUP CYCLING ROOM		
* 2 - 3:30 pm <b>Ballet</b> (Zina) [SPECIALTY] COMBATIVES		* 2:30 - 3:30 pm <b>Bellydance</b> (Khalia) [SPECIALTY] MULTIPURPOSE ROOM	2 - 3 pm <b>Barre Burn</b> (Zina) COMBATIVES		
5 - 6 pm <b>Top Guns Rock Bottoms</b> (Aimee) MULTIPURPOSE ROOM	4:30 - 5:30 pm <b>Ballet Barre Pilates</b> (Pam) COMBATIVES	5 - 5:45 pm <b>Cardio Fusion</b> (Sue) COMBATIVES	5 - 5:45 pm <b>Cardio Fusion</b> (Sue) MULTIPURPOSE ROOM	4:30 - 5:30 pm <b>Cardio Jam</b> (Chelsea) MULTIPURPOSE ROOM	12:30 - 1:30 pm <b>Zumba</b> (Carolina) COMBATIVES
5 - 6 pm <b>Zumba</b> (Francine) COMBATIVES	5 - 6 pm <b>Power Step &amp; Core</b> (Lisa) MULTIPURPOSE ROOM	5 - 6 pm <b>Spin &amp; Strength</b> (Tiana) GROUP CYCLING ROOM	* 5 - 6 pm <b>Burlesque</b> (Christine) [SPECIALTY] COMBATIVES	* 5:30 - 6:30 pm <b>Hip Hop</b> (Chelsea) [SPECIALTY] MULTIPURPOSE ROOM	
* ** 6 - 7:30 pm <b>Kickboxing</b> (Sonia) [SPECIALTY] COMBATIVES		5 - 6:30 pm <b>Yoga</b> (Anne) YOGA ROOM		5:30 - 6:30 pm <b>20/20/20</b> (Nancy) COMBATIVES	
6 - 7:30 pm <b>Spin Bootcamp Yoga</b> (Kim) GROUP CYCLING ROOM	6:30 - 8 pm <b>Dynamic Flow Yoga</b> (Christine) YOGA ROOM		<b>All classes in black font are included in the CUFit Pass</b> <b>* All classes in red font are NOT included in the CUFit Pass</b> <b>** Participants require kickboxing gloves in order to participate.</b> <b>Gloves may be purchased from instructor.</b> <b>No classes are scheduled on Monday, May 21<sup>st</sup> (Victoria Day)</b>		
* 7:30 - 9 pm <b>Argentine Tango</b> (Andre) [SPECIALTY] COMBATIVES		7:30 - 8:30 pm <b>Aerobic Kickboxing</b> (Nancy) COMBATIVES			

Group Fitness

Dance

Yoga & Pilates

Group Cycling

Martial Arts

Aquatics