



RAVENS

FITNESS CLASS SCHEDULE

SUMMER 2018 [July 3 - August 27]

Please click on a class to register

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 - 7:45 am Express Bootcamp (Nancy) COMBATIVES	7 - 7:45 am Butt & Gut (Tamara) COMBATIVES	7 - 8 am HIIT (Tiana) COMBATIVES	7 - 7:45 am Butt & Gut (Tamara) COMBATIVES	7 - 8 am Bootcamp (Tamara) COMBATIVES
12 - 1 pm Hard Core Conditioning (Jenna) COMBATIVES	12 - 1 pm Pilates (Pam) MULTIPURPOSE ROOM	12 - 1 pm Muscle Mix (Susan) COMBATIVES	12 - 1 pm Pilates (Pam) MULTIPURPOSE ROOM	12 - 1 pm Pilates Fusion (Pam) MULTIPURPOSE ROOM
	12:10 - 12:50 pm Tabata (Tiana) COMBATIVES	12 - 1 pm Step (Tiana) MULTIPURPOSE ROOM	12:10 - 12:50 pm Express Bootcamp (Tiana) COMBATIVES	12 - 1 pm Zumba (Francine) COMBATIVES
5 - 6 pm Yoga/Pilates/Tune-up (Pam) MULTIPURPOSE ROOM	5 - 6 pm Power Step & Core (Lisa) COMBATIVES	5 - 6 pm HIIT (Eleanor) COMBATIVES	5 - 6 pm * Burlesque (Christine) [SPECIALTY] COMBATIVES	
5 - 6 pm Zumba (Francine) COMBATIVES	6:30 - 8 pm Dynamic Flow Yoga (Christine) MULTIPURPOSE ROOM	5 - 6:30 pm Yoga (Anne) ROOM 2404		
		7:30 - 8:30 pm Aerobic Kickboxing (Nancy) COMBATIVES		

Group Fitness

Dance

Yoga & Pilates

All classes in black font are included in the CUFit Pass

*** Burlesque is NOT included in the CUFit Pass**

No classes are scheduled on Monday, August 6th (Civic Holiday)