

GROUP FITNESS SCHEDULE



SUMMER 2024 (JULY 2 - AUG 30)

MON

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

6:00 - 7:00 PM
GLOW ZUMBA
COMBATIVES STUDIO
CAROLINA I.

6:00 - 7:25 PM*
STRENGTH LEVEL 1
(WOMEN ONLY)
MULTIPURPOSE ROOM
ALICIA B.

TUE

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

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

5:00 - 6:00 PM
KICKBOXING
FUNDAMENTALS
COMBATIVES STUDIO
JEN K.

5:30 - 6:30 PM*
STRENGTH (CO-ED)
MULTIPURPOSE ROOM
DANIEL Z.

6:00 - 7:00 PM
HATHA YOGA
COMBATIVES STUDIO
CIDALIA R.

WED

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

12:05 - 12:55 PM
STRENGTH & STRETCH
MULTIPURPOSE ROOM
LACEY T.

5:45 - 6:45 PM
CU SPIN HITS
SPIN STUDIO
REBECA T.

5:30 - 6:55 PM*
STRENGTH LEVEL 1
(WOMEN ONLY)
MULTIPURPOSE ROOM
ALICIA B.

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

7:15 - 8:15 PM*
8-WEEK BUILD
PT STUDIO
ALICIA B.

THU

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

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

5:30 - 6:30 PM
CU STRONG
MULTIPURPOSE ROOM
DANIEL Z.

5:45 - 6:45 PM*
8-WEEK BUILD
PT STUDIO
ALICIA B.

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

7:00 - 8:25 PM*
STRENGTH LEVEL 2
(WOMEN ONLY)
MULTIPURPOSE ROOM
ALICIA B.

FRI

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

SAT

10:30 - 12:30 PM*
DYNAMIC KICKBOXING
(WOMEN ONLY)
COMBATIVES STUDIO
SONIA C.

12:00 - 1:30 PM*
KUNG FU
(WOMEN ONLY)
COMBATIVES STUDIO
SONIA C.

* INSTRUCTIONAL CLASS
NOT INCLUDED WITH CUFIT

CLASSES ARE SUBJECT TO CHANGE

CHECK THE CARLETON ATHLETICS
APP OR WEBSITE FOR UPDATES



Carleton
RAVENS