

# CUFIT SCHEDULE

## SUMMER 2025 (JUNE 30 - AUG 30)

\* SIGN UP REQUIRED  
[REC.CARLETON.CA/BOOKING](http://REC.CARLETON.CA/BOOKING)

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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| <div><div><div><div><div>12:05 - 12:55 PM</div><div>CU CIRCUIT</div><div>CURT B.      MULTIPURPOSE</div></div><div><div>12:05 - 12:55 PM</div><div>AQUAFIT</div><div>MEGAN S.      POOL</div></div><div><div>5:30 - 6:30 PM</div><div>SPIN &amp; STRENGTH*</div><div>MELANIE R.      SPIN STUDIO</div></div><div><div>6:00 - 7:00 PM</div><div>GLOW ZUMBA</div><div>CAROLINA I.      RAVENS STUDIO</div></div><div><div>6:45 - 7:45 PM</div><div>CU CIRCUIT</div><div>MELANIE R.      MULTIPURPOSE</div></div></div></div><div><div><div><div>12:05 - 12:55 PM</div><div>PILATES*</div><div>PAM F.      YOGA STUDIO</div></div><div><div>12:05 - 12:55 PM</div><div>CU CIRCUIT</div><div>ZOE K.      MULTIPURPOSE</div></div><div><div>5:30 - 6:30 PM</div><div>KICKBOXING FUNDAMENTALS</div><div>JEN K.      COMBATIVES</div></div><div><div>5:30 - 6:30 PM</div><div>HATHA YOGA</div><div>KELSEY Y.      YOGA STUDIO</div></div><div><div>5:30 - 6:30 PM</div><div>CU SPIN HIITS*</div><div>MELANIE R.      SPIN STUDIO</div></div></div></div><div><div><div><div>12:05 - 12:55 PM</div><div>HATHA YOGA</div><div>ETIENNE R.      YOGA STUDIO</div></div><div><div>12:05 - 12:55 PM</div><div>CU CIRCUIT</div><div>LACEY T.      MULTIPURPOSE</div></div><div><div>6:00 - 7:00 PM</div><div>GLOW ZUMBA</div><div>CAROLINA I.      RAVENS STUDIO</div></div><div><div>6:00 - 7:00 PM</div><div>GLOW YOGA</div><div>CHRISTINA P.      YOGA STUDIO</div></div></div></div><div><div><div><div>12:05 - 12:55 PM</div><div>PILATES*</div><div>PAM F.      YOGA STUDIO</div></div><div><div>5:00 - 6:00 PM</div><div>BALLET BARRE PILATES COMBO</div><div>PAM F.      COMBATIVES</div></div></div></div><div><div><div><div>12:05 - 12:55 PM</div><div>CU STRONG</div><div>GRACE D.      MULTIPURPOSE</div></div><div><div>12:05 - 12:55 PM</div><div>CU SPIN HIITS*</div><div>LISA H.      SPIN STUDIO</div></div><div><div>6:00 - 7:00 PM</div><div>ZUMBA</div><div>CAROLINA O.      MULTIPURPOSE</div></div></div></div><div><div><div><div>11:00 - 12:00 PM</div><div>HATHA YOGA</div><div>CHRISTINA P.      YOGA STUDIO</div></div></div></div></div> |         |           |          |        |          |

SCHEDULE SUBJECT TO CHANGE

