

GROUP EX

SPRING 2025

BLOCK 3

CLASS SCHEDULE

JANUARY 26 - MARCH 14

SUNDAY

Sunset Yoga (Savannah)

6-6:45pm STUDIO A

Line Dancing (Emily)

7:00-7:45pm STUDIO A

MONDAY

Sunrise Yoga (Greyson)

7:00-7:45am STUDIO A

Cycling (Emily)

10:00-10:45am STUDIO C

Pilates (Veronica)

4:00-4:45pm STUDIO A

Arms & Abs (Ike)

5:15-6:00pm STUDIO A

Dance Fusion (Madeline)

7:00-7:45pm

AquaFit (Clara)

7:15-8:00pm MCCH Pool

TUESDAY

Pilates (Sydney)

7:00-7:45am STUDIO A

Dance Fusion (Madeline)

6:00-6:45pm STUDIO A

WEDNESDAY

Sunrise Yoga (Grace)

7:00-7:45am STUDIO A

Full Body Sculpt (Becca)

10:00-10:45am STUDIO A

Core & Stretch (Veronica)

4:00pm-4:45pm STUDIO A

Arms & Abs (Greyson)

5:00-5:45pm STUDIO A

Cycling (Ike)

5:30-6:15pm STUDIO C

Pilates (Sydney)

7:00-7:45pm STUDIO A

AquaFit(Clara)

7:15-8:00pm MCCH Pool

THURSDAY

Pilates (Grace)

7:00-7:45am STUDIO A



Check in at Allen Fitness Center desk before class. Free for all UWSP students with student ID, additional fee for UWSP faculty/staff.

