



GROUP FITNESS SCHEDULE

This schedule was last updated February 21, 2012

MONDAY

7:15 a.m.	Spinning	Nici	MPR A
7:15 a.m.	Circuit Bootcamp	Elizabeth	Court #10
9:00 a.m.	Spinning	Chrissy	MPR A
9:00 a.m.	Power Pilates	Meredith	Court #10
12:00 p.m.	Iyengar Yoga	Lee	MPR B/C
12:00 p.m.	Zumba	Nicole	Court #10
1:00 p.m.	Spinning	Katelyn	MPR A
4:00 p.m.	Power Pilates	Kelsey B.	Court #10
4:30 p.m.	Spinning	Brittany	MPR A
5:00 p.m.	X-Fit	Austin/Julie	Court #10
5:30 p.m.	Hatha Yoga	Emily	MPR B/C
6:00 p.m.	Power Pilates	Logan	Court #10
6:30 p.m.	Spinning	Grace	MPR A
7:00 p.m.	Kickboxing	Madelaine	Court #10
7:30 p.m.	Vigorous Vinyasa	Phoebe	MPR B/C
8:00 p.m.	Zumba	Roxie	Court #10
8:30 p.m.	Spinning	Johnathan	MPR A

TUESDAY

7:15 a.m.	Sunrise Yoga	Phoebe	MPR B/C
12:00 p.m.	Core Conditioning	Madelaine	Court #10
12:10 p.m.	Spinning Express	Kristen	MPR A
1:00 p.m.	Hatha Yoga	Diana	MPR B/C
1:00 p.m.	Power Pilates	Meredith	Court #10
3:30 p.m.	Spinning	Natalie	MPR A
4:00 p.m.	Kickboxing	Madelaine	Court #10
4:30 p.m.	Power Yoga	Sarah	MPR B/C
5:00 p.m.	BC-X	Gio	Court #10
6:00 p.m.	TBC	Nici	Court #10
6:30 p.m.	Spinning	Megan	MPR A
7:00 p.m.	Kick & Sculpt	Courtney	Court #10
7:30 p.m.	Vinyasa Flow	Jen	MPR B/C
8:00 p.m.	Cardio Jazz Funk	Kelly	Court #10
8:30pm	Spinning	Chrissy	MPR A

WEDNESDAY

7:15 a.m.	Circuit Bootcamp	Jessica	Court #10
7:15 a.m.	Spinning	Gabi	MPR A
9:00 a.m.	Spinning	Grace	MPR A
12:00 p.m.	Iyengar Yoga	Lee	MPR B/C
12:15 p.m.	TBC	Linda	Court #10
1:00 p.m.	Spinning	Jordan	MPR A
3:30 p.m.	Power Yoga	Chelsea	MPR B/C
4:00 p.m.	TBC	Elizabeth	Court #10
4:30 p.m.	Spinning	Denise	MPR A
5:00 p.m.	X-Fit	Austin/Julie	Court #10
5:30 p.m.	Vigorous Vinyasa	Phoebe	MPR B/C
6:00 p.m.	Power Pilates	Logan	Court #10
6:30 p.m.	Spinning	Kelsey D.	MPR A
7:00 p.m.	Core Conditioning	Madelaine	Court #10
7:30 p.m.	Vinyasa Flow	Jayne	MPR B/C
8:00 p.m.	Zumba	Nicole	Court #10
8:30 p.m.	Spinning	Johnathan	MPR A

THURSDAY

7:15 a.m.	Sunrise Yoga	Sarah	MPR B/C
12:10 p.m.	Spinning Express	Kristen	MPR A
12:00 p.m.	Power Pilates	Madelaine	Court #10
1:00 p.m.	Hatha Yoga	Diana	MPR B/C
4:00 p.m.	Core Conditioning	Logan	Court #10
4:30 p.m.	Spinning	Nici	MPR A
5:00 p.m.	Power Pilates	Meredith	Court #10
5:30 p.m.	Total Body Spin	Julie	MPR A
6:00 p.m.	BC-X	Gio	Court #10
7:00 p.m.	Vinyasa Flow	Jayne	MPR B/C
7:00 p.m.	Zumba	Linda	Court #10
8:00 p.m.	Spinning	Johnathan	MPR A

FRIDAY

7:15 a.m.	Spinning	Caitriona	MPR A
9:00 a.m.	Spinning	Gabi	MPR A
12:00 p.m.	Iyengar Yoga	Lee	MPR B/C
12:00 p.m.	Power Pilates	Kelsey B.	Court #10
1:00 p.m.	Tabata Trek Spin	Katelyn	MPR A
2:00 p.m.	Vigorous Vinyasa	Phoebe	MPR B/C
3:00 p.m.	Spinning	Brittany	MPR A
3:30 p.m.	Power Pilates	Madelaine	Court #10
4:00 p.m.	Power Yoga	Katie	MPR B/C
4:30 p.m.	TBC	Mathilda	Court #10
5:00 p.m.	Spinning	Jordan	MPR A

SAT

1:00 p.m.	Spinning	Kelsey D.	MPR A
2:00 p.m.	Vinyasa Flow	Jayne	MPR A
3:30 p.m.	Power Pilates	Kelsey B.	Court #10
4:00 p.m.	Advanced Yoga	Katie	MPR B/C

SUNDAY

2:30 p.m.	Power Yoga	Katie	MPR B/C
3:30 p.m.	Spinning	Grace	MPR A
4:00 p.m.	Kick and Sculpt	Courtney	Court #10
4:30 p.m.	90 Min Power Yoga	Jayne	MPR B/C
5:00 p.m.	Chiseled	Julie	Court #10
6:00 p.m.	Spinning	Megan	MPRA
6:00 p.m.	Power Pilates	Meredith	Court #10
7:00 p.m.	Zumba	Roxie	Court #10

QUONSET HUT CLASSES

Monday	6:00 p.m.	Bootcamp	Mathilda
Monday	7:00 p.m.	Spinning	Kailin
Tuesday	5:30 p.m.	Spinning	Alison
Wednesday	5:00 p.m.	Spinning	Caitlin
Thursday	5:00 p.m.	Spinning	Gabi
Friday	4:30 p.m.	Yoga	Scott

Please check www.bc.edu/campusrecreation/groupfitness/schedule.html for the most up-to-date information.

