## Plex Spring 2015
### GROUP FITNESS SCHEDULE

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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<td>Sunrise Yoga Steph</td>
<td>Spin 60</td>
<td>Sunrise Yoga Cat</td>
<td>Sunrise Yoga</td>
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<td>Carissa</td>
<td>CorePower® Yoga</td>
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<td>Total Body Circuit Catherine</td>
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<td>Vinyasa Flow Yoga Hilary</td>
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<td>Bootcamp Adam</td>
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### Locations

- **Green = Spin Room**
- **Purple = Court #10**
- **White = MPR**
- **Blue = Fitness Wing Track**

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For the most up-to-date schedule, class descriptions and Quonset Hut schedule, visit [www.bc.edu/rec](http://www.bc.edu/rec).

Updated: 1.16.2015