



# PLEX GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 - 8:15 am <b>Sunrise Yoga</b> Steph	6:30 - 7:30 am <b>Spin 60</b> Kristen	7:15 - 8:15 am <b>Barre Fitness</b> Sarah	7:15 - 8:15 am <b>Sunrise Yoga</b> Kelly	7:15 - 8:15 am <b>Barre Fitness</b> Sarah	11 am - 12:00 pm* <b>Spin 60</b> TBD
7:15 - 8:15 am <b>Spin 60</b> Nicaela	7:10 - 7:55 am <b>Aqua Bootcamp</b> Leonardo	7:15 - 8:15 am <b>Spin 60</b> Caitriona	7:10 - 7:55 am <b>Aqua Bootcamp</b> Leonardo	7:15 - 8:15 am <b>Spin 60</b> Monica	12:00 - 1:00 pm* <b>Power Yoga</b> Chris
8:30 - 9:30 am <b>BootyBarre™</b> Perrey	7:15 - 8:15 am <b>Sunrise Yoga</b> Kathy	7:30 - 8:30 am <b>Aqua Jogging</b> Leonardo	7:15 - 8:15 am <b>Spin 60</b> Ryan	8:30 - 9:30 am <b>Zumba®</b> Maddie	
9:00 - 9:45 am <b>Spin 45</b> Megan K	7:45 - 8:30 am <b>Spin 45</b> Kristen	8:30 - 9:30 am <b>Total Body Sculpt</b> Ally	8:30 - 9:30 am <b>Vinyasa Flow Yoga</b> Brooke M	12:00 - 12:45 pm <b>Spin 45</b> Nicaela	<b>Sunday</b>
12:00 - 12:45 pm <b>Spin 45</b> Laurie	8:30 - 9:30 am <b>Zumba®</b> Maddie	9:00 - 9:45 am <b>Spin 45</b> Ryan	9:00 - 9:45 am <b>Spin 45</b> Andie	12:00 - 1:00 pm <b>McGuinn Grad Yoga</b> TBA      \$\$	1:00 - 1:45 pm <b>Spin 45</b> Sydney K
12:00 - 1:00 pm <b>Iyengar Yoga</b> Lee	9:00 - 9:45 am <b>Spin 45</b> Megan K	12:00 - 12:45 pm <b>Spin 45</b> Laurie	12:00 - 12:45 pm <b>BootyBarre™</b> Brooke M	12:00 - 1:00 pm <b>Iyengar Yoga</b> Lee	2:00 - 3:00 pm <b>Total Body Circuit</b> Juliette
12:00 - 1:00 pm <b>Mc Elroy Staff Yoga</b> Jeannette      \$\$	12:00 - 12:45 pm <b>Mat Pilates</b> Daiva	12:00 - 1:00 pm <b>Iyengar Yoga</b> Lee	12:00 - 12:45 pm <b>Spin 45</b> Dani	1:15 - 2:15 pm <b>Total Body Sculpt</b> Brielle	3:00 - 3:45 pm <b>Spin 45</b> Caroline
1:00 - 1:45 pm <b>Spin 45</b> Karina	12:00 - 12:45 pm <b>Spin 45</b> Lauren F	1:00 - 1:45 pm <b>Spin 45</b> Andie	12:00 - 1:00 pm <b>Brighton Staff Yoga</b> Lee      \$\$	3:00 - 4:30 pm <b>Ripped Ride</b> Consuelo	3:15 - 4:15 pm <b>Fitlates</b> Katherine
1:15 - 2:00 pm <b>Barre Fitness</b> Bridget	12:00 - 1:00 pm <b>Brighton Staff Yoga</b> Lee      \$\$	1:15 - 2:15 pm <b>TBC Step</b> Brielle	1:00 - 1:45 pm <b>Spin 45</b> Lauren O	3:45 - 4:45 pm <b>Fitlates</b> Daiva	4:30 - 5:30 pm <b>Vinyasa Flow Yoga</b> Chris
3:00 - 3:45 pm <b>Spin 45</b> Dani	1:00 - 1:45 pm <b>Spin 45</b> Lauren O	2:45 - 3:45 pm <b>Barre Fitness</b> Bridget	1:00 - 2:00 pm <b>Hatha Yoga</b> Diana	4:00 - 4:45 pm <b>Spin 45</b> Caroline	5:45 - 6:45 pm <b>BootyBarre™</b> Brooke M
4:00 - 5:00 pm <b>Vinyasa Foundations</b> Caitriona	1:00 - 2:00 pm <b>Hatha Yoga</b> Diana	3:00 - 3:45 pm <b>Spin 45</b> Brooke V	2:45 - 3:45 pm <b>Zumba®</b> Whitney	4:45 - 5:45 pm <b>Pump It Up</b> Corinne	6:00 - 7:00 pm <b>Spin 60</b> Consuelo
4:00 - 4:45 pm <b>Spin 45</b> Lauren F	3:00 - 3:45 pm <b>Spin 45</b> Eleni	4:00 - 4:50 pm <b>Zumba®</b> Lexie	3:00 - 3:45 pm <b>Spin 45</b> Eleni	5:00 - 6:00 pm <b>Cardio Kickboxing</b> Ally	7:00 - 8:00 pm <b>Zumba®</b> Meg
4:30 - 5:30 pm <b>Total Body Circuit</b> Ally	3:30 - 4:30 pm <b>Total Body Sculpt</b> Sydney S	4:00 - 4:45 pm <b>Spin 45</b> Brooke V	4:00 - 4:45 pm <b>Spin 45</b> Justice	5:00 - 6:00 pm <b>Spin 60</b> Kat	
5:10 - 6:10 pm <b>TBC Step</b> Brielle	4:00 - 4:45 pm <b>Spin 45</b> Caroline	4:30 - 5:30 pm <b>Pump It Up</b> Jess	4:00 - 5:00 pm <b>TBC Step</b> Sydney S		
5:15 - 6:00 pm <b>Spin 45</b> Ali W	4:45 - 5:45 pm <b>Vinyasa Flow Yoga</b> Chris	5:00 - 5:50 pm <b>Fitlates</b> Juliette	5:10 - 6:10 pm <b>Pilates Sculpt</b> Sarah		
5:30 - 6:30 pm <b>X-Fit</b> Courtney & Cody	5:15 - 6:00 pm <b>Spin 45</b> Justice	5:15 - 6:00 pm <b>Spin 45</b> Nicaela	5:15 - 6:00 pm <b>Spin 45</b> Megan K		
6:15 - 7:15 pm <b>Spin 60</b> Alissa	5:30 - 6:30 pm <b>Pump It Up</b> Betsy	6:15 - 7:15 pm <b>Vinyasa Flow Yoga</b> Kelly	5:30 - 6:30 pm <b>Pump It Up</b> Corinne		
6:20 - 7:20 pm <b>Fitlates</b> Juliette	6:15 - 7:15 pm <b>Spin 60</b> Consuelo	5:30 - 6:30 pm <b>X-Fit</b> Courtney & Cody	6:15 - 7:15 pm <b>Spin 60</b> Sydney K		
6:30 - 7:30 pm <b>BC-X</b> Catherine & Adam	6:30 - 7:30 pm <b>Fitlates</b> Katherine	6:15 - 7:15 pm <b>Spin 60</b> Alissa	6:20 - 7:20 pm <b>Barre Fitness</b> Sarah		
7:30 - 8:15 pm <b>Spin 45</b> Consuelo	7:30 - 8:15 pm <b>Spin 45</b> Kat	6:30 - 7:30 pm <b>BC-X &amp; Barbells</b> Catherine	6:30 - 7:30 pm <b>BC-X</b> Catherine & Ryan		
7:30 - 8:30 pm <b>Cardio Kickboxing</b> Abby	8:15 - 9:15 pm <b>Cardio Kickboxing</b> Ali M	7:15 - 8:00 pm <b>Spin 45</b> Brooke V	7:30 - 8:30 pm <b>Zumba®</b> Meg		
		7:30 - 8:15 pm <b>Spin 45</b> Kat			

### Locations

- Green = Spin Room
- Blue = Plex Pool
- Purple = Court #10
- White = MPR
- Orange = Outside of Plex

### Exceptions

- \* Not offered on day of home football games
- \$\$ These are premium classes that require prior registration and have a fee associated

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