



PLEASE **REGISTER** AT THE FRONT DESK FOR ALL GROUP EXERCISE CLASSES!

SPRING II 2026 GROUP EXERCISE SCHEDULE

Cycle Circuit will take place in Saurwein Health & Wellness Center on Heidelberg Campus!

MONDAY

5am: Early Bird Challenge

6am: Early Bird Challenge

9am: Total Body Fix (Fieldhouse)

9am: Fit 4 Life (Fieldhouse)

5:30pm: Cardiotone (Top Studio)

TUESDAY

5am: Early Bird Challenge

9:35am: Gentle Lift (Fieldhouse)

12:15pm: Cycle Circuit

5:45pm: Latin Fusion (Top Studio)

WEDNESDAY

5am: Early Bird Challenge

6am: Early Bird Challenge

9am: Total Body Fix (Fieldhouse)

9am: Fit 4 Life (Top Studio)

5:30pm: Cardiotone Drumming (Top Studio)

THURSDAY

5am: Early Bird Challenge

8:30am: Pietra Fitness (Top Studio)

8:30am: Gentle Yoga with a Twist (Bottom Studio)

9:30am: Gentle Lift (Fieldhouse)

12:15pm: Cycle Circuit

6:30pm: Yoga Stretch (Top Studio)

FRIDAY

5am: Early Bird Challenge

6am: Early Bird Challenge

9am: Total Body Fix (Fieldhouse)

9am: Fit 4 Life (Fieldhouse)

9:15am: Power Cycle (Bottom Studio)