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MONDAY

INDOOR CYCLING
WITH ROB

12:15 - 1:00 PM

ZUMBA

WITH MARIA

5:00 - 5:45 PM

PUMP IT UP

WITH ADDY

6:00 - 6:45 PM

PILATES

WITH EVY

7:00 - 7:45 PM

TUESDAY

TOTAL BODY
CONDITIONING
WITH KRISTIN
12:15 - 1:00 PM

BUTTS &
GUTTS
WITH MADDIE
5:00 - 5:30 PM

INDOOR CYCLING
WITH CHLOE

5:45 - 6:30 PM

VINYASA YOGA
WITH KAMERYN

6:45 - 7:30 PM

WEDNESDAY

INDOOR CYCLING
WITH EMMA
12:15 - 1:00 PM

RESTORATIVE YOGA
WITH SIENNA

5:00 - 5:45 PM

INDOOR CYCLING
WITH ADDY

6:00 - 6:45 PM

HURSDAY

BIKE BOOTCAMP
WITH KRISTIN

9:00 - 9:45 AM

STEP ON UP
WITH EVY & EVER

5:00 - 5:30 PM 5:45 - 6:30 PM

RESTORATIVE YOGA
WITH ANNA GRACE



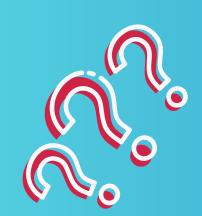
REGISTER BELOW:



1-0N-1 & PARTNER PERSONAL TRAINING

THEMED SMALL GROUP TRAINING CLASSES

1-ON-1 NUTRITION CONSULTATIONS



Contact - mtorres@flsouthern.edu

