

FREE GROUP FITNESS

May 7th – May 13th

MONDAY

YOGA STRETCH
12:00pm-12:45pm
Mind/Body *Colleen*

**TOTAL BODY
CONDITIONING**
5:15pm-6:00pm
MPR 1 *Mary*

ZUMBA
5:15pm-6:00pm
MPR 2 *Alex*

BARRE FUSION
6:15pm-7:00pm
MPR 1 *Mary*

POUND FITNESS
6:15pm-7:00pm
Mind/Body *Alex*

SPINNING
6:15pm-7:00pm
Spin Studio *Michelle*

TUESDAY

SPINNING
6:30am-7:15am
Spin Studio *Frank*

POWER YOGA
4:15pm-5:00pm
Mind/Body *Maria*

ZUMBA
5:15pm-6:00pm
MPR 2 *Sue*

VINYASA YOGA
5:15pm-6:00pm
Mind/Body *Maria*

POWER YOGA
6:15pm-7:00pm
Mind/Body *Brendan*

WEDNESDAY

YOGA STRETCH
12:00pm-12:45pm
Mind/Body *Alison*

**TOTAL BODY
CONDITIONING**
5:15pm-6:00pm
MPR 1 *Mary*

SALSA
5:15pm-6:00pm
MPR 2 *Alex*

BARRE FUSION
6:15pm-7:00pm
MPR 1 *Mary*

MERENGUE y BACHATA
6:15pm-7:00pm
MPR 2 *Alex*

THURSDAY

SPINNING
6:30am-7:15am
Spin Studio *Frank*

PILATES
4:15pm-5:00pm
Mind/Body *Maria*

SPINNING
5:15pm-6:00pm
Spin Studio *Mary*

POWER YOGA
5:15pm-6:00pm
Mind/Body *Maria*

VINYASA YOGA
6:15pm-7:00pm
Mind/Body *Maria*

KIZOMBA DANCE
6:15pm-7:00pm
MPR 2 *Louisa*

ZUMBA
7:15pm-8:00pm
MPR 2 *Marcus*



SAINT LOUIS UNIVERSITY
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CAMPUS RECREATION AND WELLNESS

SATURDAY,

5/12

POWER YOGA
12:00-12:45pm
SLUruba *Brendan*

SUNDAY,

5/13

POWER YOGA
12:00-12:45pm
SLUruba *Brendan*

