

## Spring 2023 Group Fitness Schedule January 17<sup>th</sup> – May 5<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:30-9:20am Yoga with Ira		8:30-9:20am Yoga with Ira	
12-12:50pm <i>Body Blast</i> with Lydia		12-12:50pm <i>Body Blast</i> with Lydia			
	4:30-5:15pm <i>WERQ</i> with Demi		4:30-5:15pm <i>WERQ</i> with Demi		
		5:00-5:45pm <i>PRAYzercise</i> with Angelitta		5:00-7:00pm <i>Studio B</i> with Betsy	
	5:30-6:20pm <i>Body Blast</i> with Lydia		5:30-6:20 <i>Cycle Fit</i> with Talon		
6-6:50pm <i>Classic Karate</i> with Shihan Daniel		6-6:50pm <i>Classic</i> <i>Karate</i> with Shihan Daniel			
		7:00-7:50pm Yoga with Ira			

# CAMPUS RECREATION

UNIVERSITY OF ILLINOIS SPRINGFIELD