Spring 2023 Group Fitness Schedule January 17th – May 5th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:30-9:20am		8:30-9:20am	
		Yoga		Yoga	
		with Ira		with Ira	
12-12:50pm		12-12:50pm			
Body Blast		Body Blast			
with Lydia		with Lydia			
	4:30-5:15pm		4:30-5:15pm		
	WERQ		WERQ		100
	with Demi		with Demi		
		5:00-5:45pm		5:00-7:00pm	1000
		PRAYzercise		Studio B	
		with Angelitta		with Betsy	No. of Contract of
Col. State of the Col.	5:30-6:20pm		5:30-6:20	THE THE STATE OF	- M
	Body Blast	23.5	Cycle Fit		201
	with Lydia		with Talon		
6-6:50pm		6-6:50pm Classic			
Classic Karate		Karate			
with Shihan	100 100	with Shihan Daniel		And the state of t	
Daniel	TOTAL STREET, LANGUISTING	7.1.4000070			
		7:00-7:50pm			
		Yoga			
		with Ira			

CAMPUS RECREATION

UNIVERSITY OF ILLINOIS SPRINGFIELD