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# FALL 2023 GROUP FITNESS SCHEDULE

**AUGUST 28TH - DECEMBER 8TH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30AM-9:20AM YOGA W/ IRA	7:15AM -8:00AM RISE & GRIND W/ LYDIA	8:30AM-9:20AM YOGA W/ IRA	8AM-8:50AM *WOMEN & WEIGHTS 101 W/ MADI	8:30AM-9:20AM YOGA W/ IRA	2PM-2:50PM INTERMEDIATE CLASSICAL KARATE W/ SHIHAN DANIEL
12PM-12:50PM WHAT THE FLEX W/ LYDIA	8AM-8:50AM *WOMEN & WEIGHTS 101 W/ MADI	1PM-1:50PM *WOMEN & WEIGHTS 101 W/ MADI	5:30PM-6:20PM CYCLE FIT W/ TALON		
1PM-1:50PM *WOMEN & WEIGHTS 101 W/ MADI	6:30PM-7:20PM CLASSICAL KARATE W/ SHIHAN DANIAL	5PM-5:50PM WHAT THE FLEX W/ LYDIA	6:30PM-7:20PM CLASSICAL KARATE W/ SHIHAN DANIEL		
5:30PM-6:20PM WERQ W/ CARI					
6:30PM-7:20PM YOGA W/ HALEY					*8 WEEK CLASS STARTS 9/11

**SIGN UP FOR CLASSES VIA [IMLEAGUES.COM/UIS/FITNESS](https://imleagues.com/uis/fitness)**