# GROUP EXERCISE SCHEDULE - SPRING BREAK (March 5-13, 2022)

This schedule is subject to change. Find the most up-to-date schedule and registration at [services.recreation.richmond.edu](http://services.recreation.richmond.edu).

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tr>
<td>WCR hours: 9am-6pm</td>
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- **Vinyasa Yoga**
  - Mind-Body Studio
  - Lauren
  - 10:00-11:00am

- **Power Flow Yoga**
  - Mind-Body Studio
  - Ann Marie
  - 11:15am-12:15pm

- **Core Barre**
  - Carrie
  - 10:30-11:15am

- **Core Strength & Balance**
  - Joella
  - 12:15-1:00pm

- **Cycle Express**
  - MPR 107
  - Mary
  - 12:15-12:45pm

- **BODYPUMP™ Express**
  - MPR 203
  - Sarah
  - 12:15-1:00pm

- **Cycle 45**
  - MPR 107
  - Leah
  - 5:15-5:55pm

- **Cycle Express**
  - MPR 107
  - Leah
  - 5:15-5:45pm

- **BODYPUMP™ Express**
  - MPR 203
  - Rachel
  - 10:30-11:30am

- **Slow Flow Yoga**
  - Mind-Body Studio
  - Ann Marie
  - 12:30-1:15pm

- **Stick Mobility & Strength**
  - MPR 203
  - Nadine
  - 12:15-1:00pm

- **Flow Fusion Yoga**
  - MPR 203
  - Rosemary
  - 5:00-6:00pm

- **Cycle 45**
  - MPR 107
  - Leah
  - 5:15-5:55pm

- **HIIT**
  - MPR 203
  - Nadine
  - 12:15-1:00pm

- **Core Strength & Balance**
  - Joella
  - 12:15-1:00pm

**KEY:**

- **Virtual**
- **In-person**
  - (location listed)

*Only faculty/staff and students can attend our in-person classes at this time.*

**No classes**

**Special Notice:**

- **Flow Fusion Yoga**
  - Location change due to WBC closure