



# GROUP FITNESS SPRING 2021

## Updated Schedule Begins MAR 22nd

Monday	Tuesday	Wednesday	Thursday
6pm-6:30pm SPIN Molly	6pm-6:30pm BUTI YOGA Shelby	6pm-6:30pm SPIN Emilie	6pm-6:30pm YIN YOGA Laikin
7pm-7:30pm YOGA FLOW Laikin	7pm-7:30pm POUND Sydney	7pm-7:30pm YOGA FLOW Shelby	
	8pm-8:30pm YIN YOGA Laikin		

All classes will be conducted in-person Studio #210 and #211 on the second floor of the MSU RECW

10 Person max capacity for all classes

Reservation required please visit : [recreation.moreheadstate.edu/](http://recreation.moreheadstate.edu/)

You can also reserve classes through the MSU RECW fusion go application for iphone /android