



Spring 2024 Group Fitness Classes

WRIGHT STATE
CAMPUS
RECREATION

Monday

TIME	CLASS	INSTRUCTOR	LOCATION
8:15 A.M.	YOGA	SRINATH	STUDIO B
8:30 A.M.	HIT THE WEIGHTS	MARCUS	FITNESS CENTER
9:00 A.M.	CIRCUIT TRAINING	MAGGIE	STUDIO C
12:10 P.M.	CYCLE SCULPT THEMED	ERIN	STUDIO A
12:10 P.M.	YOGA	SOWJANYA	STUDIO B
5:15 P.M.	BOXING	BRYANT	STUDIO C
5:15 P.M.	CYCLE	IAN	STUDIO A
7:30 P.M.	YOGA	NAVYA	STUDIO B

Tuesday

8:15 A.M.	YOGA	CAITLIN	STUDIO B
8:30 A.M.	HIT THE WEIGHTS	MARCUS	FITNESS CENTER
12:00 P.M.	HIIT	HEATH	STUDIO C
12:10 P.M.	CYCLE SCULPT	SHANNON	STUDIO A
12:10 P.M.	YOGA	SRINATH	STUDIO B
5:00 P.M.	KICK BOXING	GABBY	STUDIO C
5:30 P.M.	RUNNING	OUTDOOR REC	ALUMNI TOWER
6:00 P.M.	ZUMBA	SOWJANYA	STUDIO C
6:30 P.M.	HIT THE WEIGHTS	MARCUS	FITNESS CENTER

Wednesday

8:15 A.M.	YOGA	SRINATH	STUDIO B
8:30 A.M.	HIT THE WEIGHTS	MARCUS	FITNESS CENTER
9:00 A.M.	CIRCUIT TRAINING	MAGGIE	STUDIO C
12:10 P.M.	CYCLE SCULPT THEMED	ERIN	STUDIO A
12:10 P.M.	YOGA	SOWJANYA	STUDIO B
4:45 P.M.	DANCE FITNESS	HEATH	STUDIO C
5:15 P.M.	CYCLE SCULPT	IAN	STUDIO A
7:30 P.M.	YOGA	NAVYA	STUDIO B

Thursday

8:15 A.M.	YOGA	CAITLIN	STUDIO B
8:30 A.M.	HIT THE WEIGHTS	MARCUS	FITNESS CENTER
12:00 P.M.	HIIT	HEATH	STUDIO C
12:10 P.M.	YOGA	SRINATH	STUDIO B
12:10 P.M.	CYCLE SCULPT	SHANNON	STUDIO A
5:15 P.M.	ZUMBA	SOWJANYA	STUDIO C
5:30 P.M.	RUNNING	OUTDOOR REC	ALUMNI TOWER
6:15 P.M.	YOGA	SOWJANYA	STUDIO B

Friday

8:15 A.M.	YOGA	NAVYA	STUDIO B
8:30 A.M.	HIT THE WEIGHTS	MARCUS	FITNESS CENTER
9:00 A.M.	CIRCUIT TRAINING	MAGGIE	STUDIO C
12:10 P.M.	ZUMBA	SOWJANYA	STUDIO C
5:15 P.M.	BOXING	BRYANT	STUDIO C
5:15 P.M.	CYCLE SCULPT	IAN	STUDIO A



Updated schedule and sign up on [IMLeagues.com](https://www.imleagues.com)