

SPRING FIT@SIMMONS

CLASS SCHEDULE



MONDAY:

YOGA WITH RUCHI | 8-9AM FIT STUDIO 1
WEIGHTLIFTING WITH DAN | 2:30-3:30PM 2ND FL GYM
DANCE WITH EMILY | 6-7PM FIT STUDIO 1

TUESDAY:

HIIT WITH OLIVIA | 5-6PM FIT STUDIO 1
INDOOR SOCCER WITH COACH JAWS | 7-8PM GYM

WEDNESDAY:

VOLLEYBALL WITH KATE | 2:30-3:30PM GYM
SLOW VINYASA AND YIN WITH MOLLY | 5-6PM FIT STUDIO 1
DANCE WITH EMILY | 6-7PM FIT STUDIO 1

THURSDAY:

WEIGHTLIFTING WITH DAN | 3:30-4:30 PM 2ND FL GYM
ZUMBA WITH RUCHI | 5-6PM FIT STUDIO 1
LIIT WITH OLIVIA | 6:30-7:30PM FIT STUDIO 1
INDOOR SOCCER WITH COACH JAWS | 7-8PM GYM

FRIDAY:

VOLLEYBALL WITH KATE | 8-9AM GYM

