

# SPRING FIT@SIMMONS

## CLASS SCHEDULE



### MONDAY:

YOGA WITH RUCHI | 8-9AM FIT STUDIO 1  
WEIGHTLIFTING WITH DAN | 2:30-3:30PM 2<sup>ND</sup> 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 2<sup>ND</sup> 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

