

FALL FINALS 2019: DECEMBER 9-13

# GROUPX SCHEDULE

## MONDAY

### REPS & SETS

6:15AM - 7:00AM  
with Amy



### REPS & SETS

11:30AM - 12:15PM  
with Christina



### CIRCUIT

4:45PM - 5:30PM  
with Hunter



### POUND

ROCKWELL WORKOUT  
6:00PM - 6:45PM  
with Megan



## TUESDAY

### PILATES

6:15AM - 7:00AM  
with Amy



### POWER YOGA

11:30AM - 12:15PM  
with Rachel



### REPS & SETS

5:00PM - 5:45PM  
with Hunter



### AQUA FIT

5:15PM - 6:00PM  
with Jenna



### CARDIO CRAZE

6:00PM - 6:45PM  
with Clay



## WEDNESDAY

### CYCLE

6:15AM - 7:00AM  
with Kevin



### REPS & SETS

11:30AM - 12:15PM  
with Jenna



### TRIPLE THREAT

4:15PM - 5:00PM  
with Katherine



### POWER YOGA

5:00PM - 5:45PM  
with Rachel



### CYCLE

6:15PM - 7:00PM  
with Kevin



## THURSDAY

### YOGA

7:30AM - 8:15AM  
with Emily



### TRIPLE THREAT

11:30AM - 12:15PM  
with Jenna



### CIRCUIT

5:00PM - 5:45PM  
with Hunter



### AQUA FIT

5:15PM - 6:00PM  
with Jenna



### CARDIO CRAZE

6:00PM - 6:45PM  
with Clay



## FRIDAY

### CYCLE & TONE

11:30AM - 12:15PM  
with Kayce



LET'S  
MOVE  
TOGETHER



DANCE STUDIO



NATATORIUM



WKU.EDU/CRW/HEALTHFITNESSLAB/GROUPX



WKURECWELL