

FINALS WEEK GROUP FITNESS CLASSES

CONTACT ILARIA@TCNJ.EDU FOR ANY QUESTIONS!

**SAT
DEC 7**

11AM BOOT CAMP WITH TYRESE

**SUN
DEC 8**

11AM YOGA WITH JUDI

**MON
DEC 9**

**9AM YOGA WITH JUDI
10AM SPIN WITH MIKAELA
1PM TOTAL BODY WITH JOHN
6PM SPIN WITH GABI
7PM ZUMBA WITH DANIELLA**

**TUES
DEC 10**

**10AM SPIN WITH GABI
4PM LOWER BODY WITH JOHN
7PM ARMS & ABS WITH TYRESE**

**WED
DEC 11**

**8:30AM SPIN WITH MIKAELA
4PM CARDIO KICK WITH JUDI
6PM STRONG WITH AMANDA**

**THURS
DEC 12**

**10AM YOGA WITH JUDI
5:30PM YOGA WITH JUDI**

NO CLASSES FRIDAY