

# CAMPUS RECREATION FITNESS SCHEDULE FALL

		MON	TUES	WED	THURS	FRI	SAT	SUN
<b>MORNING</b>	6:20am		<b>Yoga</b> Michael 6:20-7:10am		<b>Yoga</b> Michael 6:20-7:10am			
	6:30am				<b>Cycle</b> Macy 6:30-7:15am			
	7:30am		<b>Cycle</b> Halle 7:30-8:15am		<b>Cycle</b> Macy 7:30-8:15am			
	10:30am						<b>Cycle</b> Rotating 10:30-11:30am	
<b>NOON</b>	12:00pm	<b>Barre</b> Izzy 12:00-12:45am		<b>Yoga</b> Michael 12:00-12:45am		<b>Cycle</b> Halle 12:00-12:45am		
<b>EVENING</b>	4:30pm			<b>Aqua Deep</b> Becky 4:00-4:45pm				
		<b>Cycle</b> Bethany 4:30-5:15pm	<b>Barre</b> Caroline 4:30-5:15pm	<b>Cycle</b> Bethany 4:30-5:15pm	<b>Barre</b> Izzy 4:30-5:15pm			<b>Cycle</b> Halle 4:30-5:15pm
	5:30pm	<b>Barre</b> Bethany 5:30-6:15pm	<b>Barre</b> Caroline 5:30-6:15pm	<b>Barre</b> Bethany 5:30-6:15pm	<b>Barre</b> Izzy 5:30-6:15pm			
		<b>Cycle</b> Ava 5:30-6:15pm	<b>Cycle</b> Halle 5:30-6:15pm	<b>Cycle</b> Izzy 5:30-6:15pm	<b>Cycle</b> Katie 5:30-6:15pm			
	6:30pm	<b>HIIT</b> Reese 6:30-7:15pm	<b>Total Body Strength</b> Reese 6:30-7:15pm	<b>HIIT</b> Reese 6:30-7:15pm				
		<b>Cycle</b> Ava 6:30-7:15pm	<b>Cycle</b> Bethany 6:30-7:15pm	<b>Cycle</b> Ava 6:30-7:15pm	<b>Cycle</b> Katie 6:30-7:15pm			
	7:30pm	<b>Cycle</b> Macy 7:30-8:30pm	<b>Cycle</b> Bethany 7:30-8:30pm	<b>Cycle</b> Ava 7:30-8:30pm	<b>Cycle</b> Erin 7:30-8:30pm			
		<b>Yoga</b> Taurus 7:30-8:15pm		<b>Yoga</b> Taurus 7:30-8:15pm				

Rec Pool
  Cycle Studio
  Studio 2
  Studio 3



Scan the QR code to sign up or go to  
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[fitness@boisestate.edu](mailto:fitness@boisestate.edu)



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