

CAMPUS RECREATION

FITNESS SCHEDULE

FALL

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

Rec Pool
 Cycle Studio
 Studio 2
 Studio 3



Scan the QR code to sign up or go to
BOISESTATE.EDU/RECREATION/FITNESS

For accommodations please contact Fitness at
fitness@boisestate.edu



BOISE STATE UNIVERSITY