

CAMPUS RECREATION

FITNESS SCHEDULE

SPRING 2025

		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		Cycle Macy 6:30-7:15am			
	7:30am		Cycle Macy 7:30-8:15am		Cycle Macy 7:30-8:15am			
			Breathing & Meditation Michael 7:30-8:15am		Breathing & Meditation Michael 7:30-8:15am			
	10:30am						Barre Julie 10:30-11:15am	
12:00pm	Qigong Michael 12:00-12:45pm			Yoga Michael 12:00-12:45pm	HIIT Becky 12:00-12:45pm			
AFTERNOON/EVENING	4:00pm				Aqua Deep Becky 4:00-4:45pm			
	4:30pm	Cycle Bethany 4:30-5:15pm	Cycle Halle 4:30-5:15pm	Cycle Bethany 4:30-5:15pm				
			Barre Caroline 4:30-5:15pm	Barre Julie 4:30-5:15pm				
	5:30pm	Cycle Halle 5:30-6:15pm	Cycle Bethany 5:30-6:15pm	Cycle Ava 5:30-6:15pm	Cycle Erin 5:30-6:15pm			
		Barre Bethany 5:30-6:15pm	Barre Caroline 5:30-6:15pm	Barre Bethany 5:30-6:15pm	Barre Julie 5:30-6:15pm			
			Total Body Strength Reese 5:30-6:15pm					
	6:30pm	Barre Julie 6:30-7:15pm						
		Cycle Katie 6:30-7:15pm	Cycle Bethany 6:30-7:15pm	Cycle Halle 6:30-7:15pm				
HIIT Reese 6:30-7:15pm		Total Body Strength Reese 6:30-7:15pm	HIIT Reese 6:30-7:15pm					
7:30pm	Yoga Tauras 7:30-8:15pm		Yoga Tauras 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](https://boisestate.edu/recreation/fitness)

For accommodations please contact Fitness at
fitness@boisestate.edu



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