<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Outdoor Boot Camp</td>
<td>Zumba 11-11:45 AM</td>
<td>No Limits Conditioning 6:45-7:30 AM</td>
<td>Interval Training 11:15-12 PM</td>
<td>PIIT 10-10:35 AM</td>
<td>Yoga Flow 9-9:45 AM</td>
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<tr>
<td>11:15 AM - 12 PM</td>
<td>Dana Studio C</td>
<td>Michael Studio B</td>
<td>Becky Studio B</td>
<td>Ariana Studio C</td>
<td>Niki Reflection Space*</td>
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<td>Becky LCC</td>
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<tr>
<td>Yoga Flow 11:45 AM-12:30 PM</td>
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<tr>
<td>Nancy Studio A</td>
<td>Interval Training</td>
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<td></td>
<td>Sport Athletic Training 12-12:45 PM</td>
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<tr>
<td>11:15 AM-12 PM</td>
<td>11:30 AM-12:15 PM</td>
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<td>12-12:45 PM</td>
<td>Saidah Studio C</td>
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<tr>
<td>Becky Studio B</td>
<td>Dana Studio C</td>
<td></td>
<td>Saidah Studio C</td>
<td>Studio B</td>
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<tr>
<td>Body Tone &amp; Abs 5-5:45 PM</td>
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<tr>
<td>Dana Studio C</td>
<td>Yoga Flow 6-6:45 PM</td>
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<td>5-5:45 PM</td>
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<tr>
<td>Yoga Flow 6-6:45 PM</td>
<td>Indoor Cycling 4-4:45 PM</td>
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<td>Ariana Studio C</td>
<td>4-4:45 PM</td>
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<tr>
<td>Pop Pilates 6:30-7:15 PM</td>
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<td>Ariana Studio C</td>
<td>Lift 12-12:45 PM</td>
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<td>Saidah Studio C</td>
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<td>Pilates 12:30-1:15 PM</td>
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<td>Body Tone &amp; Abs 5-5:45 PM</td>
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<td>Dana Studio B</td>
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<td>Yoga Flow 6-6:45 PM</td>
<td>Indoor Cycling 5:45-6:30 PM</td>
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<tr>
<td>Nancy Studio A</td>
<td>Eric Cycling Studio</td>
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<td>Yoga Flow 7:45-8:30 PM</td>
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<td>Studio A</td>
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Class Types
- Strength
- Cardio
- Combo
- Mind-Body

REGISTRATION REQUESTED, INFORMATION BELOW

Use QR code to register. Pre registration is recommended. Space is limited.

*For safety, no one will be admitted into any fitness class after the first 10 minutes (5 minutes for 30-minute class)—NO EXCEPTIONS.

*Please visit https://crc.gatech.edu/fitness/fitness-classes for the most up-to-date schedule.