



GROUP EXERCISE SCHEDULE

 Exos Signature Class

MONDAY	IMPACT PLUS 6:00 – 6:55am Paul Fitness Center	RECHARGE BREAK 10:50 – 10:55am Paul Exos App/Teams	PILLAR STRENGTH 11:15 – 11:30am Paul Hybrid 	BOOTCAMP 11:35 – 12:00pm Paul GEX Studio	UNRAVEL 12:05 – 12:20pm Paul Hybrid	
TUESDAY	IMPACT PLUS 6:00 – 6:55am Marcus Fitness Center	YOGA 11:00 – 12:00pm Peiwei Hybrid	STRENGTH LAB 12:05 – 12:50pm Mary GEX Studio 	RECHARGE BREAK 1:50 – 1:55pm Marcus Exos App/Teams		
WEDNESDAY	IMPACT PLUS 6:00 – 6:55am Mary Fitness Center	RECHARGE BREAK 10:50 – 10:55am Team Exos Exos App/Teams	TOTAL CONDITIONING 11:35 – 12:30pm Marcus GEX Studio 			
THURSDAY	IMPACT PLUS 6:00 – 6:55am Marcus Fitness Center	YOGA 11:00 – 12:00pm Stephen Hybrid	STRENGTH LAB 12:05 – 12:50pm Marcus GEX Studio 	RECHARGE BREAK 1:50 – 1:55pm Mary Exos App/Teams	TOTAL CONDITIONING 3:00 – 3:55pm Morgan GEX Studio 	CALISTHENICS CLUB 4:15 – 4:45pm Morgan GEX Studio
FRIDAY	IMPACT PLUS 6:00 – 6:55am Marcus Fitness Center	RECHARGE BREAK 10:50 – 10:55am Morgan Exos App/Teams	FULL BODY BLAST 11:35–12:00pm Morgan Hybrid	WAIST MANAGEMENT 12:05–12:20pm Morgan Fitness Center	CHINESE DANCE 12:05–1:30pm Shasha GEX Studio Premium class 	