

Fall 2024

RECREATION+
WELLNESS

#BLUEJAYFIT Classes

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Bluejay Cycle
6:15AM-7AM

Cross Training
7:15AM- 7:45AM

Kickboxing
3:30PM-4:15PM

Barre
4:30 PM-5:15 PM

Stretch + Mobility
5PM-5:45PM

Cross Training
6:15PM-7PM

WERQ
8PM-9PM

Bluejay Cycle
6:15AM-7AM

Barre
8AM-8:45AM

Faculty/Staff
Vinyasa Yoga
11:15AM- 12PM

Vinyasa Yoga
3:30PM-4:30PM

Bluejay Cycle
4PM-4:45PM

Cross Training
5PM-5:45PM

Pilates
5PM-5:45PM

WERQ
7PM-7:45PM

HIIT
8PM - 8:45PM

Bluejay Cycle
6:15AM-7AM

Bluejay Cycle
7:15AM-7:45AM

HIIT
12:30PM-1:15PM

Kickboxing
4PM-4:45PM

Vinyasa Yoga
5PM-5:45PM

Cycle & Sculpt
5PM-6:PM

Barre
7PM-7:45PM

Kickboxing
7:15PM-8PM

Yin Yoga
8PM-8:45PM

Bluejay Cycle
6:15AM-7AM

Barbell Blast
7:15AM-8:15AM

WERQ
3:30PM- 4:30PM

Bluejay Cycle
4PM-4:45PM

Pilates
5:PM-5:45PM

Vinyasa Yoga
6:30PM-7:15PM

Cross Training
6PM-6:45PM

WERQ
7PM-7:45PM

Bluejay Cycle
6:15AM-7AM

Bluejay Cycle
7:15AM-7:45AM

Cycle & Barre
2PM-2:45PM

Yoga Sculpt
5PM-6PM

Barre
4pm-4:45pm

HIIT
5pm-5:30pm

Sunday

Cycle + Barre
4PM-4:45PM

WERQ
5PM-5:45PM

Multipurpose Room 135

Mind & Body Suite 148

Graves Hall



GRAB
YOUR
PASS