

Goucher Fit October 2018



Day	Time	Class	Location
Monday	1-1:30pm	HIIT	FYV
Monday	3:45-5pm	Yoga	FYV
Monday	7:15-8pm	Bollywood Fit	SRC-MPR
Tuesday	4-5pm	Barre	FYV
Wednesday	5-6pm	Yoga	FYV
Wednesday	7-8pm	Zumba	SRC-MPR
Thursday	5:15-6pm	HIIT/SHRED	SRC-MPR
Thursday	7-8:15pm	Yoga	FYV
Saturday	1:30-2:15pm	Zumba	SRC-MPR
Sunday	3:45-5pm	Yoga	FYV
Sunday	7-8pm	Yoga	FYV