

# Group Fitness Schedule

# April 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>WERQ</b> 5PM to 6PM Patrice Williams DA 1121</p>	<p><b>Cardio and Strength Intervals</b> 5PM to 6PM Patrice Williams DA 1121</p>	<p><b>Spin</b> 6:30AM to 7:15AM Liliana Munoz DA 2020</p>	<p><b>Cardio and Strength Intervals</b> 5PM to 6PM Patrice Williams DA 1121</p>	<p><b>Spin</b> 6:30AM to 7:15AM Liliana Munoz DA 2020</p>	<p><b>Beginner Belly Dance</b> 10:30AM to 11:30 AM Britni Ashkinazy DA 1121</p> <p>-----</p> <p><b>Spin</b> 12:00PM to 12:45PM Liliana Munoz DA 2020</p>
<p><b>Yoga</b> 6:30PM to 7:15PM Jessica Yu DA2021</p>	<p><b>Yoga</b> 6:30PM to 7:15PM Jessica Yu DA2021</p>	<p><b>WERQ</b> 5PM to 6PM Patrice Williams DA 1121</p>	<p><b>Yoga</b> 5:45PM to 6:30PM Liliana Munoz DA 2021</p>	<p><b>Spin</b> 5:30PM to 6:15PM Liliana Munoz DA 2020</p>	
				<p><b>Yoga</b> 6:15PM to 7:00PM Liliana Munoz DA 2021</p>	



**THE CRC WILL BE CLOSED APRIL 10-11**

**NO GROUP FITNESS CLASSES APRIL 5-11**