Northeastern University Recreation Group Fitness Schedule

MONDAY
- 9:00 AM IYENGAR YOGA
  Deepta
- 10:00 AM CYCLE 45
  Yaimar
- 5:30 PM KICK IT WITH SACHA
  Sacha
- 6:00 PM CYCLE 45
  Sarah
- 7:00 PM THIGHS, BUTTS & GUTS
  Sacha

TUESDAY
- 7:00 AM CYCLE 45
  Bri K.
- 3:00 PM TOTAL BODY SCULPT
  Sacha
- 6:00 PM CYCLE 45
  Caroline
- 7:00 PM HIIT DANCE STRENGTH
  Belle
- 7:00 PM BOOTCAMP
  Sarah

WEDNESDAY
- 9:00 AM TOTAL BODY SCULPT
  Sacha
- 3:00 PM MAT PILATES
  Bri B.
- 6:00 PM CYCLE 45
  Caroline
- 6:30 PM CYCLE 45
  Risha
- 7:00 PM HIIT DANCE STRENGTH
  Belle

THURSDAY
- 7:00 AM CYCLE 45
  Nicole
- 8:00 AM ARMS & ABS
  Sacha
- 4:45 PM VINYASA FLOW
  Deepta
- 6:00 PM CARDIO & ABS
  Caroline
- 6:30 PM CYCLE 45
  Risha

FRIDAY
- 9:00 AM BOOTCAMP
  Sacha
- 9:00 AM CARDIO & ABS
  Sophia
- 9:00 AM CARDIO & ABS
  Sophia
- 9:00 AM VINYASA FLOW
  Deepta
- 6:30 PM CYCLE 45
  Caroline

CLASS LOCATION
- SQUASHBUSTERS
  MULTIPURPOSE STUDIO
- SQUASHBUSTERS
  FUNCTIONAL TRAINING
- MARINO
  REVOLUTIONZ

// SCHEDULE IS SUBJECT TO CHANGE
Please check ATLETO for any same day changes