GROUP X
SUMMER 2018
JUNE 4TH-AUGUST 2ND

MONDAY
Zumba
Sequoia | 12:30pm
Erica

Indoor Cycling
Mojave | 5:30pm
Jenny

TUESDAY
Butts & Guts
Sequoia | 12:30pm
Lizeth F.

Total Body Conditioning
Sequoia | 5:30pm
Lizeth C.

WEDNESDAY
Kickboxing*
Sequoia | 12:30pm
Kareem

Zumba
Sequoia | 5:30pm
Erica

THURSDAY
Butts & Guts
Sequoia | 12:30pm
Lizeth F.

Total Body Conditioning
Sequoia | 5:30pm
Lizeth C.

SRC HOURS
June 4th-August 17th
M-Th: 6:00am-8:00pm
F: 11:00am-8:00pm
Sat: 10:00am-2:00pm
Sun: 4:00pm-8:00pm
*SRC Closed July 4th, 2018

All classes are 50 minutes unless otherwise noted.

*Kickboxing class requires protective covering for hands.

Kickboxing gloves are available for checkout at the SRC Front Desk.

Please arrive on time for class.
Entrance will not be permitted 15 minutes after the start time.

Fall Semester 2018 Schedule will start on September 4th

/csubsrc