



Spring 2021 Schedule

Virtual Zoom Classes

Please check the Atleto app for up to date schedule changes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:45 AM Mat Pilates: Rachel L.				11:00 AM Beginner's Yoga: Alejandra
9:30 AM Zumba 45: Caroline I.	10:30 AM Power Vinyasa Flow: Julia B.	10:30 AM YogaSculpt: Gilly	8:00 AM Bodyweight Blast: Gabi	9:30 AM Kettlebell 40: Rachael B.	1:00 PM Zumba 45: Ilaria
			12:30 PM Power Vinyasa Yoga: Lea	1:00 PM Cardiobox 45: Alessandra	3:15 PM Fitness Bootcamp: Talia
3:45 PM Kettlebell 40: Rachael B.	3:00 PM Interval Burn: Dakota	3:30 PM Bodyweight Blast: Nimi		3:00 PM Zumba 45: Amanda	
5:00 PM Barre 45: Julia E.		5:00 PM Barre 45: Sarah A.	4:00 PM Total Body Sculpt: Sarah J.		11:00 AM Abs 30: Gabi
		6:00 PM Isolation Training: Gabi	7:00 PM Zumba 45: Amanda		2:00 PM Zumba 45: Ilaria
8:30 PM All Levels Vinyasa Flow: Ari	8:30 PM Total Body Sculpt: Caroline N.				6:00 PM All Levels Vinyasa Flow: Ali
					Sunday

Schedule is subject to change. Class links can be found through the Campus Recreation website and the Atleto app.