Monday

Open-5:45pm: Open Rec
6 pm: Surge 30 Class (Liz)
6:45pm-Close: Open Rec

More class times coming soon!

Tuesday

Open-2:45 pm: Open Rec
3:00 pm: Surge 30 Class (Shreen)
3:35 pm: Surge 30 Class (Shreen)
4:10 pm-Close: Open Rec

Wednesday

Open-9:15 am: Open Rec
9:30 am: Flex 30 Class (Jacquelin)
10:05 am: Flex 30 Class (Jacquelin)
10:40 am-Close: Open Rec

Thursday

Open-4:45 pm: Open Rec
5:00 pm: Surge 30 Class (Cailin)
5:35 pm: Surge 30 Class (Cailin)
6:10 pm-Close: Open Rec

Friday

Open-12:15 pm: Open Rec
12:30 pm: Surge 30 Class (Katherine)
1:05 pm: Surge 30 Class (Katherine)
1:40 pm-Close: Open Rec

Register for a spot online at wellness.miami.edu.
Need help registering for classes? Scan the QR code using your smart phone for our easy step-by-step guide.