**SPRING 2021 CLASS SCHEDULE**

**MON**
- **Carib Flex**
  - 12:00 p.m.
  - Katherine

- **Upper Body Blast**
  - 5:00 p.m.
  - Leyla

- **The Knockout**
  - 5:30 p.m.
  - Katherine

- **Guts & Butts**
  - 5:30 p.m.
  - Leyla

- **Yoga**
  - 5:30 p.m.
  - Carmen

- **Cardio Funk**
  - 6:00 p.m.
  - Carolina

**TUE**
- **Cycle**
  - 6:30 a.m.
  - Noosha

- **Yoga & Meditation**
  - 7:00 a.m.
  - Adriana

- **H.I.I.T.**
  - 12:00 p.m.
  - Guido

- **Yoga**
  - 5:30 p.m.
  - Tina

- **Cycle**
  - 8:00 a.m.
  - Andrey

- **Beach Babes**
  - 5:30 p.m.
  - Katherine

- **Yoga**
  - 5:30 p.m.
  - Carmen

- **30/30**
  - 6:30 a.m.
  - Liz

- **The Knockout**
  - 12:00 p.m.
  - Katherine

**WED**
- **Cycle**
  - 6:30 a.m.
  - Noosha

- **The Knockout**
  - 12:00 p.m.
  - Katherine

- **Cycle**
  - 8:00 a.m.
  - Andrey

- **Yoga**
  - 12:00 p.m.
  - Guido

- **Guts & Butts**
  - 12:00 p.m.
  - Guido

- **Yoga**
  - 5:30 p.m.
  - Tina

- **Yoga**
  - 5:30 p.m.
  - Carmen

- **Cycle**
  - 6:30 p.m.
  - Guido

**THU**
- **Cycle**
  - 6:30 a.m.
  - Noosha

- **Yoga & Meditation**
  - 7:00 a.m.
  - Adriana

- **Cycle**
  - 8:00 a.m.
  - Andrey

- **Yoga**
  - 12:00 p.m.
  - Guido

- **Guts & Butts**
  - 12:00 p.m.
  - Guido

- **Cycle**
  - 5:30 p.m.
  - Guido

- **Yoga**
  - 5:30 p.m.
  - Tina

- **Yoga**
  - 5:30 p.m.
  - Carmen

- **H.I.I.T.**
  - 6:30 p.m.
  - Guido

**FRI**
- **Smooth Sculpting**
  - 12:00 p.m.
  - Katherine

- **Cardio Kickboxing**
  - 5:00 p.m.
  - Guido

- **Music Video Cycle**
  - 5:00 p.m.
  - Andrey

- **Guts & Butts**
  - 5:30 p.m.
  - Guido

- **Yoga**
  - 5:30 p.m.
  - Tina

- **Cycle**
  - 9:30 a.m.
  - Noosha

**SAT**
- **Total Body Conditioning**
  - 9:30 a.m.
  - Leyla

- **Yoga**
  - 10:00 a.m.
  - Mia

**SUN**
- **Cardio Kickboxing**
  - 5:00 p.m.
  - Andrey

**KEY**
- **Virtual (Zoom)**
- **Cycle Studio**
- **Multi Purpose B**
- **Lakeside Village Green**

- **Important:** You MUST register for a class through the UM Wellness app or at wellness.miami.edu prior to attending. Zoom codes are available upon registration.

- **Schedule subject to change**
- **Classes are FREE!**
- **All classes are 1 hour in length**

**Visit [www.miami.edu/wellness](http://www.miami.edu/wellness) for more information.**