

FITWELL SCHEDULE

SPRING 2025

Monday



6:15-7:00 am

Bear Cycle

7:00-7:45 am

Vinyasa Yoga

7:00-7:45 am



7:30-8:15 am



12:15-1:00 pm

Bear Cycle

12:15-1:00 pm



4:15-5:00 pm

Step Aerobics

4:30-5:15 pm



5:30-6:15 pm

Connect Yoga

5:30-6:15 pm



6:45-7:30 pm



8:00-8:45 pm

Tuesday



6:15-7:00 am

Bear Cycle

7:00-7:45 am



7:30-8:15 am

Bear Cycle

12:15-1:00 pm



12:30-1:15 pm

Bear Cycle

4:00-4:45 pm



4:15-5:00 pm



5:30-6:15 pm

Yoga Flow

5:30-6:15 pm

Bear Cycle

5:30-6:15 pm

Yoga Sculpt

6:30-7:15 pm

Bear Cycle

6:30-7:15 pm



6:45-7:30 pm



8:00-8:45 pm

Wednesday



6:15-7:00 am

Bear Cycle

7:00-7:45 am

Vinyasa Yoga

7:00-7:45 am



7:30-8:15 am



12:15-1:00 pm



4:15-5:00 pm

Hip Hop Cardio

4:30-5:15 pm



5:30-6:15 pm

Connect Yoga

5:30-6:15 pm

Bear Cycle

5:30-6:15 pm

Bear Cycle

6:30-7:15 pm

Yogalates

6:30-7:15 pm



8:00-8:45 pm

Thursday



6:15-7:00 am

Bear Cycle

7:00-7:45 am

Yogalates

7:00-7:45 am



7:30-8:15 am

Bear Cycle

12:15-1:00 pm



12:30-1:15 pm



4:15-5:00 pm



5:30-6:15 pm

Vinyasa Yoga

5:30-6:15 pm

Bear Cycle

5:30-6:15 pm



6:45-7:30 pm



8:00-8:45 pm

Friday



6:15-7:00 am



7:30-8:15 am



12:15-1:00 pm

Yoga Flow

12:15-1:00 pm



4:15-5:00 pm

Saturday



9:15-10:15 am

Yoga Sculpt

9:30-10:15 am



10:45-11:45 am

Sunday



4:15-5:00 pm

Bear Cycle

4:15-5:00 pm

Yoga Flow

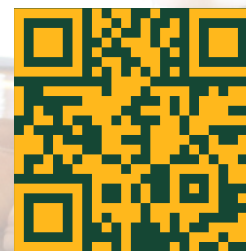
4:30-5:15 pm

Bear Cycle

5:30-6:15 pm



5:30-6:15 pm



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