

GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday		
11:00 - 12:00	Cardio / HIIT Joni	Tai Chi Chock	Tabata Spin Pati	Cardio/ HIIT Joni	Barre Vicki	Tai Chi Chock	
12:00 - 12:30	TRX Julie	Sets & Reps Joni	Yoga Gary	TRX Julie	Sets & Reps Joni	HIIT/TRX Vicki	Sets & Reps Julie
12:30 - 1:00							
1:00 - 1:30	TRX Julie	Stretch Joni	CrossTrain X Julie	TRX Julie	Stretch Joni	CrossTrain X Julie	Stretch Julie
1:30 - 2:00							
2:00 - 2:30		Yoga Gary			Yoga Gary		
2:30 - 3:00							
5:30 - 6:30	Yoga Gary	Beginner Yoga Lorriana	Beginner Yoga Lorriana	Yoga Gary			

Pre-registration not required! Drop ins welcome!

Please note that the group fitness schedule is subject to facility/college hours and closures. In the event that Oklahoma City Community College closes for any reason, classes will be cancelled and not made up. No refunds will be given. Oklahoma City Community College reserves the right to change any schedule or cancel any course that does not meet minimum enrollment requirements.