

# CAMPUS RECREATION

## DROP-IN SCHEDULE

### SPRING 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CYCLE 45</b> CYCLE STUDIO 6:15 - 7:00 a.m.	<b>SUNRISE YOGA</b> GX STUDIO 6:10 - 7:10 a.m.	<b>CYCLE BASICS</b> CYCLE STUDIO 6:15 - 7:00 a.m.	<b>RESTORATIVE YOGA</b> GX STUDIO 6:10 - 7:10 a.m.		
					<b>CYCLE ENDURANCE</b> CYCLE STUDIO 9:00 - 10:00 a.m.
					<b>YOGA 75</b> GX STUDIO 10:15 - 11:30 a.m.
	<b>DEEP WATER</b> AQUATIC COMPLEX 11:45 - 12:45 p.m.		<b>DEEP WATER</b> AQUATIC COMPLEX 11:45 - 12:45 p.m.		
<b>CUT, CURL, AND CRUNCH</b> GX STUDIO 12:00 - 12:45 p.m.	<b>BALANCED BODY</b> GX STUDIO 12:00 - 12:45 p.m.	<b>CYCLE POWER 30</b> CYCLE STUDIO 12:00 - 12:30 p.m.	<b>CUT, CURL, AND CRUNCH</b> GX STUDIO 12:00 - 12:45 p.m.	<b>MEDITATIVE YOGA</b> GX STUDIO 12:00 - 12:45 p.m.	
<b>CYCLE BASICS</b> CYCLE STUDIO 12:00 - 12:45 p.m.				<b>FRIYAY CYCLE!</b> CYCLE STUDIO 12:00 - 12:45 p.m.	
					<b>SUNDAY</b>
<b>AB ATTACK</b> GX STUDIO 4:45 - 5:15 p.m.	<b>BARRE &amp; BUNS</b> GX STUDIO 4:45 - 5:15 p.m.	<b>HIIT THE BEAT!</b> GX STUDIO 4:45 - 5:15 p.m.	<b>BARRE AB BLAST</b> GX STUDIO 4:45 - 5:15 p.m.	<b>P90X</b> GX STUDIO 4:45 - 5:30 p.m.	<b>SUNDAY DANCE PARTY</b> GX STUDIO 7:15 - 8:00 p.m.
<b>INTRO TO TRX</b> MP2 5:30 - 6:00 p.m.	<b>P30X IN 30!</b> GX STUDIO 5:30 - 6:00 p.m.	<b>HATHA YOGA</b> GX STUDIO 5:30 - 6:30 p.m.	<b>INTRO TO TRX</b> MP2 5:30 - 6:00 p.m.		
<b>CYCLE POWER 30</b> CYCLE STUDIO 5:30 - 6:00 p.m.	<b>CYCLE CORE CHALLENGE</b> CYCLE STUDIO 5:30 - 6:15 p.m.				
<b>AQUAFIT</b> AQUATIC COMPLEX 5:30 - 6:15 p.m.		<b>AQUAFIT</b> AQUATIC COMPLEX 5:30 - 6:15 p.m.	<b>CYCLE POWER 30</b> CYCLE STUDIO 5:30 - 6:00 p.m.		
<b>JUST DANCE!</b> GX STUDIO 6:45 - 7:30 p.m.	<b>PIYO KICK</b> GX STUDIO 6:30 - 7:30 p.m.	<b>ZUMBA</b> GX STUDIO 6:45 - 7:45 p.m.	<b>JUST DANCE!</b> GX STUDIO 6:45 - 7:30 p.m.		
<b>INTRO TO YOGA</b> GX STUDIO 7:45 - 8:45 p.m.	<b>PILATES</b> GX STUDIO 7:45 - 8:30 p.m.	<b>RESTORATIVE YOGA</b> GX STUDIO 8:00 - 9:00 p.m.			

## SPRING 2019 PREMIUM CLASSES

Premium Group Fitness - 1 class \$3, unlimited classes \$35

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ROLL &amp; FLOW</b> MP2 12:00 - 12:45 p.m.	<b>TRX+</b> MP2 12:00 - 12:45 p.m.	<b>BOISE STRONG</b> WTRM 2ND FLOOR 12:00 - 12:45 p.m.	<b>HYBRID FIT</b> MP2 12:00 - 12:45 p.m.	<b>KETTLEBELLS</b> MP2 12:00 - 12:45 p.m.	
	<b>ATHLETE 30</b> MP2 6:15 - 6:45 p.m.		<b>CORE &amp; BURNN!</b> MP2 6:15 - 6:45 p.m.		

For more information, visit our website

[www.boisestate.edu/recreation](http://www.boisestate.edu/recreation)



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