

F45 SCHEDULE

FALL 2024 FOR INFO AND TO PURCHASE A MEMBERSHIP, VISIT [RECSPORTS.VT.EDU/GROUPEX](https://recsports.vt.edu/grouper) OR SCAN QR CODE



	MON	TUE	WED	THR	FRI
6AM	6:30-7:15 F45	6:30-7:15 F45	6:30-7:15 F45	6:30-7:15 F45	
7AM	7:30-8:15 F45	7:30-8:15 F45	7:30-8:15 F45	7:30-8:15 F45	7:30-8:15 F45
8AM	8:30-9:15 F45	8:30-9:15 F45	8:30-9:15 F45	8:30-9:15 F45	8:30-9:15 F45
9AM		9:30-10:15 F45			9:30-10:15 F45
10AM					
11AM					
12PM	12:15-1:00 F45	12:15-1:00 F45	12:15-1:00 F45	12:15-1:00 F45	12:15-1:00 F45
1PM					
2PM					
3PM				3:30-4:15 F45	
4PM	4:30-5:15 F45	4:30-5:15 F45	4:30-5:15 F45	4:30-5:15 F45	
5PM	5:30-6:15 F45	5:30-6:15 F45	5:30-6:15 F45	5:30-6:15 F45	
6PM	6:30-7:15 F45	6:30-7:15 F45	6:30-7:15 F45	6:30-7:15 F45	
7PM					
8PM					

	SAT	SUN
10AM		
11AM		
12PM	12:15-1:15 F45 60	
1PM		1:30-2:15 F45
2PM		
3PM		
4PM		
5PM		

MEMBERSHIP OPTIONS

FOR INFO AND TO PURCHASE - [RECSPORTS.VT.EDU/GROUPEX](https://recsports.vt.edu/grouper)

F45 ONLY

\$60/YEAR | \$45/SEMESTER

FULL PASS

Access to all in-person group ex, F45, & virtual classes

\$90/YEAR | \$55/SEMESTER

EARLY BIRD

Access to all in-person group ex, F45, & virtual classes from 6AM-2PM

\$55/YEAR | \$35/SEMESTER