

McCOMAS HALL GROUP EXERCISE SCHEDULE

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



	MON	TUE	WED	THR	FRI
6AM					
7AM					
8AM				8:30-9:15 BODYPUMP	
9AM					
10AM				10:00-11:00 TREDZ	
11AM					
12PM	12:15-1:00 CYCLE & CORE	12:00-1:00 TREDZ	12:15-1:00 BODYPUMP	12:15-1:00 F/S ROTATING CLASS	12:00-1:00 TREDZ
1PM		12:30-1:30 TREDZ			
2PM					
3PM					3:00-3:45 BODYPUMP
4PM	4:15-5:00 BARRE		4:00-5:00 TREDZ	4:15-5:00 CARDIO DANCE	
5PM	5:30-6:15 POP PILATES				
6PM					
7PM					
8PM					

LOCATION KEY

STUDIO
A

STUDIO
B

TREDZ

MEMBERSHIP OPTIONS

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

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

VIRTUAL

Access to all classes in Studios A & B virtual live-stream

\$50/YEAR | \$30/SEMESTER