

# WAR MEMORIAL HALL GROUP EXERCISE SCHEDULE

FALL 2024

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



	MON	TUE	WED	THR	FRI
6AM					
7AM	7:30-8:15 BODYPUMP	7:30-8:15 BODYPUMP	7:30-8:15 BODYPUMP	7:30-8:15 BODYPUMP	
8AM			8:00-8:45 FLOW YOGA	8:00-8:45 FLOW YOGA	
9AM				9:00-9:45 BARRE	9:00-9:45 BODYPUMP
10AM					
11AM			11:00-11:45 BARRE		11:00-11:45 POWER PILATES
12PM	12:30-1:15 CARDIO KICKBOXING	12:15-1:00 YOGA	12:30-1:15 BODYPUMP		12:30-1:15 BODYPUMP
1PM					12:15-1:00 POWER YOGA
2PM	2:30-3:15 BODYPUMP				1:30-2:15 BODYCOMBAT
3PM					2:30-3:15 PARTNER TBS
4PM		4:00-4:45 YOGA			
5PM	5:15-6:00 BODYPUMP	5:15-6:00 BODYPUMP	5:15-6:00 BODYPUMP	5:15-6:00 BODYPUMP	5:15-6:00 BODYPUMP
6PM	6:00-6:45 YOGA	6:30-7:15 TOTAL BODY STRENGTH	6:30-7:15 TOTAL BODY STRENGTH	6:00-6:45 YOGA	6:00-6:45 YOGA
7PM	6:30-7:15 TOTAL BODY STRENGTH	6:45-7:30 POWER PILATES	6:45-7:30 PILATES SCULPT	6:45-7:30 LM SAMPLER CLASS	6:45-7:30 LM SAMPLER CLASS
8PM	8:00-8:45 YOGA	8:00-8:45 RESTORATIVE YOGA	8:00-8:45 YOGA		
	SAT	SUN	<b>LOCATION KEY</b> <b>STUDIO 160</b> <b>YOGA STUDIO</b> <small>STUDIO 117</small> <b>PILATES/ BARRE STUDIO</b> <small>STUDIO 118</small>		<b>MEMBERSHIP OPTIONS</b> <small>FOR INFO AND TO PURCHASE - RECSports.VT.EDU/GROUPEX</small> <b>FULL PASS</b> <small>Access to all in-person group ex, F45, &amp; virtual classes</small> <b>\$90/YEAR   \$55/SEMESTER</b>
11AM					<b>EARLY BIRD</b> <small>Access to all in-person group ex, F45, &amp; virtual classes from 6AM-2PM</small> <b>\$55/YEAR   \$35/SEMESTER</b>
12PM	12:30-1:15 BODYPUMP				<b>VIRTUAL</b> <small>Access to all classes in Studios A &amp; B virtual live-stream</small> <b>\$50/YEAR   \$30/SEMESTER</b>
1PM		1:00-1:45 BARRE			
2PM		2:00-2:45 BODYPUMP			
3PM		2:30-3:15 FLOW YOGA			
4PM		4:00-5:00 RESTORATIVE YOGA			
5PM					
6PM					