

F45 SCHEDULE

SPRING 2025

	MON	TUE	WED	THUR	FRI
6AM			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		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		
7PM					

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

MEMBERSHIP OPTIONS

F45 ONLY

\$45/SEMESTER

FULL PASS

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

\$55/SEMESTER

EARLY BIRD

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

\$35/SEMESTER

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

