

# F45 SCHEDULE

WAR MEMORIAL GROUP EXERCISE - SPRING 2025



STUDENT AFFAIRS  
RECREATIONAL SPORTS  
VIRGINIA TECH

## MONDAY

7:30-8:15 am - F45  
8:30-9:15 am - F45  
9:30-10:15 am - F45  
12:15-1:00 pm - F45  
4:30-5:15 pm - F45  
5:30-6:15 pm - F45  
6:30-7:15 pm - F45

## TUESDAY

7:30-8:15 am - F45  
8:30-9:15 am - F45  
12:15-1:00 pm - F45  
3:30-4:15 pm - F45  
4:30-5:15 pm - F45  
5:30-6:15 pm - F45  
6:30-7:15 pm - F45

## WEDNESDAY

6:30-7:15 am - F45  
7:30-8:15 am - F45  
8:30-9:15 am - F45  
12:15-1:00 pm - F45  
4:30-5:15 pm - F45  
5:30-6:15 pm - F45  
6:30-7:15 pm - F45

## THURSDAY

6:30-7:15 am - F45  
7:30-8:15 am - F45  
8:30-9:15 am - F45  
12:15-1:00 pm - F45  
3:30-4:15 pm - F45  
4:30-5:15 pm - F45  
5:30-6:15 pm - F45

## FRIDAY

7:30-8:15 am - F45  
8:30-9:15 am - F45  
9:30-10:15 am - F45  
12:15-1:00 pm - F45

## SATURDAY

12:15-1:15 pm - F45 60

## SUNDAY

1:30-2:15 pm - F45

## MEMBERSHIP OPTIONS

### FULL PASS

Access to all in-person group exercise, F45, and virtual classes  
\$55/SEMESTER

### EARLY BIRD

Access to all in-person group exercise, F45, and virtual classes  
\$35/SEMESTER

*For info and to purchase a membership, visit  
[recsports.vt.edu/groupex](https://recsports.vt.edu/groupex)*

## WEEKEND HOURS

War Memorial gym opens at noon on Saturday and Sunday