

YOGA/BARRE/PILATES WAR MEMORIAL - SPRING 2025



MONDAY

8:00-8:45 am - Flow Yoga in Studio 117
9:00-9:45 am - Barre in Studio 118
11:00-11:45 am - Power Pilates in Studio 118
12:15-1:00 pm - Restorative Yoga in Studio 117
3:30-4:15 pm - Barre in Studio 118
5:30-6:15 pm - Yoga in Studio 117
6:15-7:00 pm - Pilates in Studio 118
7:00-7:45 pm - Restorative Yoga in Studio 117
8:00-8:45 pm - Yoga in Studio 117

TUESDAY

9:15-10:00 am - Yoga in Studio 117
12:15-1:00 pm - Yoga in Studio 117
3:30-4:15 pm - Restorative Yoga in Studio 117
4:15-5:00 pm - Power Pilates in Studio 118
5:30-6:15 pm - Barre in Studio 118
6:00-6:45 pm - Yoga in Studio 117
9:00-9:45 am - Pilates in Studio 118

WEDNESDAY

9:00-9:45 am - Pilates in Studio 118
9:15-10:00 am - Yoga in Studio 117
11:00-11:45 am - Barre in Studio 118
12:15-1:00 pm - Bodybalance in Studio 117 (Faculty/Staff ONLY)
3:30-4:15 pm - Barre in Studio 118
5:00-5:45 pm - Pilates in Studio 118
5:30-6:15 pm - Deep Stretch Yoga in Studio 117
6:15-7:00 pm - Pilates in Studio 118
7:00-7:45 pm - Flow Yoga in Studio 117
8:00-8:45 pm - Yoga in Studio 117

THURSDAY

8:00-8:45 am - Flow Yoga in Studio 117
9:00-9:45 am - Barre in Studio 118
12:15-1:00 pm - Barre in Studio 118
12:15-1:00 pm - Yoga in Studio 117 (Faculty/Staff ONLY)
3:30-4:15 pm - Yogalates in Studio 117
4:15-5:00 pm - Power Pilates in Studio 118
5:30-6:15 pm - Pilates in Studio 118
6:00-6:45 pm - Yoga in Studio 117

FRIDAY

9:15-10:00 am - Yoga in Studio 117
11:00-11:45 am - Barre in Studio 118
12:15-1:00 pm - Power Yoga in Studio 117
2:30-3:15 pm - Pilates in Studio 118

SUNDAY

2:30-3:15 pm - Flow Yoga in Studio 117

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
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