

F45 SCHEDULE

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



	MON	TUE	WED	THR	FRI
6AM	6:30-7:15 F45	6:30-7:15 F45	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
10AM					
11AM					
12PM	12:15-1 F45	12:15-1 F45	12:15-1 F45	12:15-1 F45	12:15-1 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	6:30-7:15 F45	
7PM					
8PM					
	SAT	SUN			
10AM					
11AM	11-12 F45 60				
12PM					
1PM		1:30-2:15 F45			
2PM		2:30-3:15 F45			
3PM					
4PM					
5PM					

MEMBERSHIP OPTIONS

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

F45 ONLY

\$45/SEMESTER

FULL PASS

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

\$55/SEMESTER

EARLY BIRD

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

\$35/SEMESTER