

GROUP EXERCISE SCHEDULE

SPRING 2024 FOR INFO AND TO PURCHASE A MEMBERSHIP, VISIT [RECSPORTS.VT.EDU/GROUPEX](https://recsports.vt.edu/grouplex) 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	
8AM					8-8:45 BODYPUMP
9AM	9-9:45 PILATES SCULPT		9-9:45 BARRE		
10AM				9:30-10:30 TREDZ	
11AM	11-11:45 BODYPUMP		11-11:45 BARRELATES		11:15-12 CYCLE & CORE
12PM	12:15-1 CYCLE & CORE	12-1 TREDZ	12:15-1 YOGA	12:15-1 FACULTY/STAFF ONLY CLASS	12:15-1 YOGA
1PM					12:30-1:15 BODYPUMP
2PM					2-2:45 PILATES SCULPT
3PM	3:30-4:15 BODYCOMBAT				3:30-4:15 CARDIO DANCE
4PM	4-4:45 POWER YOGA	4-4:45 CYCLE & CORE	4-4:45 RESTORATIVE YOGA	4-4:45 CYCLE & PILATES	3:30-4:15 YOGA
5PM	5:15-6 BODYPUMP	5:30-6:15 POP PILATES	5:15-6 BODYPUMP	5:30-6:15 POWER PILATES	5:30-6:15 POWER PILATES
6PM	6:30-7:15 TOTAL BODY STRENGTH	6:30-7:30 TREDZ	6:30-7:15 TOTAL BODY STRENGTH	6:30-7:15 BODYCOMBAT	6:30-7:15 CARDIO DANCE
7PM	7-7:45 YOGA	7-7:45 YOGA	7-7:45 YOGA	7-8 YOGA & MEDITATION	
8PM	7:45-8:30 CARDIO DANCE	7:30-8:15 YOGA	7:45-8:30 CARDIO DANCE	7:30-8:15 YOGA	

	SAT	SUN
11AM		
12PM	12-12:45 BODYPUMP	
1PM	1-1:45 POWER PILATES	
2PM	2-2:45 BODYPUMP	
3PM	2:30-3:15 YOGA	
4PM		
5PM		5:30-6:30 YOGA
6PM		

LOCATION KEY

STUDIO A

STUDIO B

3RD FLOOR TREADMILLS

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

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

VIRTUAL
Access to all classes in Studios A & B virtual live-stream
\$30/SEMESTER