

SOUTHERN MISS GROUP EX SCHEDULE

SPRING II
March 23 - May 10

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SUNDAY

MAGNOLIA STUDIO

6:30-7:20 AM				YOGA	EAGLE STRON	
8:00-8:50 AM		PILATES		PILATES		
9:30-10:20 AM			PILATES			
12:10-1:00 PM	YOGA		YOGA	PILATES		
2:00-3:00 PM						YOGA
4:00-5:00 PM		YOGA		YOGA		
5:30-6:20 PM	HUSTLE & MUSCLE	CARDIO DANCE	ZUMBA	BALLROOM DANCE		
6:30-7:20 PM	DANCE TOT			SWING DANCE		

DOGWOOD STUDIO

12:10-1:00 PM						TRXtreme
4:00-5:00 PM	LIT: LOW IMPACT TRAINING		LIT: LOW IMPACT TRAINING			
5:30-6:20 PM		FUNCTIONAL FIT		FUNCTIONAL FIT		
6:30-7:20 PM	BOXING BOOTCAMP					

SPIN STUDIO

6:30-7:20 AM		SPIN		SPIN		
12:00-1:00 PM					SPIN	
5:30-6:20 PM			SPIN			

NATATORIUM POOL

10:00-10:50 AM		AQUA FUSION		AQUA FUSION	AQUA FUSION	
6:45-7:45 PM	PADDLE BOARD YOGA					

ALL CLASSES ARE FREE

FOR SCHEDULE & UPDATES ON GROUP FITNESS CLASSES FOLLOW US ON SOCIAL MEDIA

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SOUTHERN MISS
CAMPUS RECREATION