# Cary Street Gym
## Fall 2017 Group Exercise Schedule
**August 24 - October 22**

### Monday
- Mindful Yoga
  - 6:30-7:45am
  - Mind Body Studio
- TRX
  - 8:00-8:45am
  - Group Ex Studio
- Aqua Bootcamp
  - 8:00-8:45am
  - Leisure Pool
- Pilates
  - 11:00-12:00pm
  - Mind Body Studio
- Cycle Express
  - 12:15-1:00pm
  - Cycle Studio
- Bodysculpt
  - 3:30-4:30pm
  - Group Ex Studio
- TBC
  - 5:15-6:15pm
  - MAC
- Core
  - 5:45-6:15pm
  - Group Ex Studio
- Cardio Dance
  - 6:30-7:30pm
  - Group Ex Studio
- Barre
  - 7:15-8:15pm
  - Mind Body Studio
- Cycle HIIT
  - 7:15-8:30pm
  - Cycle Studio

### Tuesday
- Cycle Express
  - 6:15-7:00am
  - Cycle Studio
- Cardio Kickboxing
  - 7:00-7:45am
  - Group Ex Studio
- HIIT
  - 8:00-8:45am
  - Group Ex Studio
- Barre
  - 8:00-8:45am
  - Mind Body Studio
- TRX
  - 12:00-12:45pm
  - Group Ex Studio
- SUP Yoga
  - 2:00-3:00pm
  - Activity Pool
- TBC
  - 4:00-5:00pm
  - Group Ex Studio
- HIIT
  - 5:15-6:00pm
  - MAC
- Cardio Kickboxing
  - 5:30-6:15pm
  - Group Ex Studio
- Cycle
  - 5:30-6:30pm
  - Cycle Studio
- Core
  - 6:30-7:00pm
  - Group Ex Studio
- Power Yoga
  - 6:45-7:45pm
  - Mind Body Studio
- Cycle
  - 7:00-8:00pm
  - Cycle Studio
- SUP HIIT
  - 7:00-8:00pm
  - Activity Pool
- TRX
  - 6:00-6:45pm
  - Group Ex Studio

### Wednesday
- Vinyasa Yoga
  - 7:00-8:00am
  - Mind Body Studio
- TBC
  - 7:00-7:45am
  - Mind Body Studio
- Cycle Express
  - 8:00-8:45am
  - Cycle Studio
- Mindful Yoga
  - 12:00-1:00pm
  - Mind Body Studio
- Cycle Core
  - 12:00-1:15pm
  - Cycle Studio
- SUP HIIT
  - 2:00-3:00pm
  - Activity Pool
- TBC
  - 5:15-6:15pm
  - MAC
- Pilates
  - 5:30-6:30pm
  - Mind Body Studio
- Cycle
  - 5:30-6:30pm
  - Cycle Studio
- Core
  - 6:30-7:00pm
  - Group Ex Studio
- Cycle
  - 6:00-7:00pm
  - Cycle Studio
- TRX
  - 6:00-6:45pm
  - Group Ex Studio
- SUP HIIT
  - 2:00-3:00pm
  - Activity Pool
- TBC
  - 5:15-6:15pm
  - MAC
- Cycle HIIT
  - 6:00-7:15pm
  - Cycle Studio
- Barre
  - 6:00-7:00pm
  - Mind Body Studio
- Restorative Yoga
  - 7:30-8:45pm
  - Mind Body Studio

### Thursday
- TRX
  - 6:15-7:00am
  - Mind Body Studio
- Cycle Express
  - 6:15-7:00am
  - Cycle Studio
- Mindful Yoga
  - 12:00-1:00pm
  - Mind Body Studio
- Cycle Core
  - 12:00-1:15pm
  - Cycle Studio
- SUP HIIT
  - 2:00-3:00pm
  - Activity Pool
- TBC
  - 5:15-6:15pm
  - MAC
- Pilates
  - 5:30-6:30pm
  - Mind Body Studio
- Cycle
  - 5:30-6:30pm
  - Cycle Studio
- Core
  - 6:30-7:00pm
  - Group Ex Studio
- Cycle
  - 6:00-7:00pm
  - Cycle Studio
- TRX
  - 6:00-6:45pm
  - Group Ex Studio
- SUP HIIT
  - 2:00-3:00pm
  - Activity Pool
- TBC
  - 5:15-6:15pm
  - MAC
- Cycle HIIT
  - 6:00-7:15pm
  - Cycle Studio
- Barre
  - 6:00-7:00pm
  - Mind Body Studio
- Restorative Yoga
  - 7:30-8:45pm
  - Mind Body Studio

### Friday
- TBC
  - 8:00-8:45am
  - Group Ex Studio
- Mindful Yoga
  - 12:00-1:00pm
  - Mind Body Studio
- Cycle Express
  - 12:15-1:00pm
  - Cycle Studio
- Cycle
  - 5:30-6:30pm
  - Cycle Studio
- Barre
  - 6:00-7:00pm
  - Mind Body Studio
- Restorative Yoga
  - 7:30-8:45pm
  - Mind Body Studio

### Saturday
- HIIT
  - 10:00-10:45am
  - Group Ex Studio
- Vinyasa Yoga
  - 10:15-11:15am
  - Mind Body Studio

### Sunday
- Mindful Yoga
  - 10:00-11:00am
  - Mind Body Studio
- TBC
  - 11:00-11:45am
  - Group Ex Studio
- Cycle
  - 2:30-3:30pm
  - Cycle Studio
- Zumba
  - 7:00-8:00pm
  - Group Ex Studio

Classes are available for registration 24 hours in advance.
Schedule is subject to change. To register for classes, view current daily schedule and find more information, please visit resports.vcu.edu.