

F45 Training Schedule

Fall 2019 Classes: August 21 - December 9*

Free Trial Classes will run Aug. 26 - Sept. 6

*Class times will be adjusted during break periods.

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
5:45-6:30 a.m.	F45 Training	F45 Training	F45 Training	F45 Training	F45 Training	
7:00-7:45 a.m.	F45 Training	F45 Training	F45 Training	F45 Training	F45 Training	
8:30-9:15 a.m.	F45 Training	F45 Training	F45 Training	F45 Training	F45 Training	
9:30am-10:15 a.m.	Free Trial Members Only	Free Trial Members Only	Free Trial Members Only	Free Trial Members Only	Free Trial Members Only	
11:15 a.m.-12:00 p.m.	F45 Training	F45 Training	F45 Training	F45 Training	F45 Training	
12:15-1:00 p.m.	F45 Training	F45 Training	F45 Training	F45 Training	F45 Training	
1:30-2:15 p.m.	Free Trial Members Only	Free Trial Members Only	Free Trial Members Only	Free Trial Members Only	Free Trial Members Only	
3:00-3:45 p.m.						F45 Training
4:30 -5:15 p.m.	F45 Training	F45 Training	F45 Training	F45 Training		Free Trial Members Only
5:30-6:15 p.m.	F45 Training	F45 Training	F45 Training	F45 Training		
6:00-6:45 p.m.						F45 Training
6:30-7:15 p.m.	F45 Training	F45 Training	F45 Training	F45 Training		
7:30-8:15 p.m.	Free Trial Members Only	Free Trial Members Only	Free Trial Members Only	Free Trial Members Only		

*Sign up for a free trial membership at the Fike Welcome Center to be able to register for free trial classes. Free Trial members will only be able to register for classes in grey, and F45 members will only be able to register for classes in orange.



DIVISION OF STUDENT AFFAIRS