



Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 A.M.	HIIT (30)		HIIT (30)		
7:45 A.M.	METCON (45)	Cycling (45)	Cycling (45)	Power Flow (45)	METCON (45)
		HIIT (45)	METCON (45)	Cycling (45)	
9 A.M.	HIIT (45)	Power Flow (45)			
NOON	Barre (45)	Barre (45)	Barre (45)	METCON (45)	Slow Flow (45)
		Circuit Training (45)	HIIT (30)		
12:30 P.M.	HIIT (30)		Kickboxing (30)		HIIT (30)
12:45 P.M.	Cycle Party (45)		Cycle Party (45)	Cycle Party (45)	Cycle Party (45)
	HIIT + Core (45)		HIIT + Core (45)	HIIT + Core (45)	Circuit Training (45)
2 P.M.	Barre (45)	Barre (45)	Barre (45)	Barre (30)	Boxilates (45)
	Cycle Party (45)		HIIT (30)	Cycle Party (45)	
4 P.M.				Barre (45)	
5 P.M.	TigerFit (30)	HIIT (30)	Barre (45)	Barre (45)	
		Kickboxing (45)		HIIT (45)	
5:30 P.M.	Cycle Party (45)	Barre (45)	Cycle Party (45)	HIIT (45)	
	HIIT + Core (45)		HIIT (30)	Cycling (45)	
6:15 P.M.	Kickboxing (45)	Step (45)	305 Fitness (45)	Circuit Training (45)	
6:45 P.M.	Barre (45)		Barre (45)	Solid COREange (30)	
7 P.M.				Hip Hop Kickboxing (45)	
7:30 PM	HIIT + Core (45)	Werk It (45)	Barre (45)		
8 P.M.	Cycle Party (45)	Barre (45)	Werk It (45)		

(30) = 30 minute duration

(45) = 45 minute duration

LFS	DOUTHIT 1	DOUTHIT CYCLE	FIKE SUNDECK	ANDY'S	INSTAGRAM	ZOOM
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Class descriptions and registrations are through our online member portal at clemsoncampusrec.com.
Schedule may change during University breaks and holidays.

