



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6:45 a.m.	HIIT (45) Cycle Party (45)	Cycle Party (45) Metcon (45)	Themed Cycle Party (45)	Slow Flow (45) Cycle Party (45)	Slow Flow (45) Cycle Party (45)	3:00 - 3:45 p.m.
7:15 a.m.	Power Flow (45)		Power Flow (45)			5:00 - 5:45 p.m.
7:45 a.m.	Cycle Party (45) Circuit Training (45)		Barre (45) Cycle Party (45)		Cycle Party (45)	7:00 - 7:45 p.m.
8:00 a.m.		Slow Flow (45)				Rotating Classes, check Campus Recreation member portal under "Sunday Group Fitness"
8:15 a.m.		Cycle Party (45) Barre (45) Women on Weights (60)		Cycle Party (45) HIIT the Barre (45) Women on Weights (60)		
9:00 a.m.	Cycle Party (45) HIIT (45)		Cycle Party (45) HIIT (45)		Cycle Party (45)	
9:45 a.m.		Boxilates (45)				
10:15 a.m.	Cycle Party (45)		Cycle (45) HIIT + Core (45)			
11:15 a.m.	HIIT The Barre (45) Slow Flow (45)	HIIT (45) Cycle Party (45)	HIIT The Barre (45) Slow Flow (45)	Cycle (45)	Women on Weights (60)	
12:30 p.m.	Cycle Party (45) Barre (45)		Cycle Party (45) Barre (45) Metcon (45)		Cycle Party (45)	
1:00 p.m.		Cycle Party (45) Barre (45)		Barre (45) Cycle Party (45)		
3:45 p.m.	Hip Hop Kickboxing (45) Cycle (45)	HIIT (45)	HIIT + Core (45) Cycle Party (45)	Barre (45) HIIT (45)		
4:45 p.m.	Cycle Party (45) Barre (45) HIIT (45)	Cycle Party (45) HIIT (45) Barre (45)	Cycle (45) Barre (45)	Cycle (45) HIIT (45) Barre (45)		
5:45 p.m.	Cycle Party (45) HIIT (45)	Cycle Party (45) HIIT (45)	Cycle Party (45) HIIT + Core (45) Power Flow (45)	Cycle Party (45) HIIT (45)		
6:30 p.m.	Power Flow (45)			Slow Flow (45)		
6:45 p.m.	HIIT (45) Themed Cycle Party (60) Women on Weights (60)	Hip Hop Kick Boxing (45) Cycle Party (60)	HIIT + Core (45) Themed Cycle Party (60) Women on Weights (60)	Hip Hop Kick Boxing (45) Cycle Party (60) Barre (45)		
7:00 p.m.		Slow Flow (45)				
7:45 p.m.	Werk It (45)	HIIT (45) Cycle Party (45)	Barre (45)			
8:45 p.m.	Cycle Party (45)	305 Fitness (45)	HIIT (45) Cycle (45)			

(45) = 45-minute duration

(60) = 60-minute duration

FIKE UPPER FITNESS STUDIO	FIKE LOWER FITNESS STUDIO	FIKE FUNCTIONAL TRAINING SPACE	DOUTHIT 1	DOUTHIT CYCLE	DOUTHIT FUNCTIONAL TRAINING SPACE	ANDY'S
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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. FitnessOnDemand classes will be held in Douthit Studio 1.
These classes are held in-person and led by a virtual Group Fitness Instructor.*

