### Group Fitness Schedule

**Effective Tuesday, Jan. 21**

Group fitness classes require a current fitness membership and are filled on a first-come, first-served basis. For the most up-to-date schedule, visit play.binghamton.edu.

**Revised 1/20/2020**

**Classes are 30 minutes**

<table>
<thead>
<tr>
<th>MON.</th>
<th>TUES.</th>
<th>WED.</th>
<th>THURS.</th>
<th>FRI.</th>
<th>SAT.</th>
<th>SUN.</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:45 A.M.</td>
<td>7:45 A.M.</td>
<td>8:30 A.M.</td>
<td>9:30 A.M.</td>
<td>Noon</td>
<td>1:00 P.M.</td>
<td>2:00 P.M.</td>
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<tr>
<td>BODYFLOW Carrie S</td>
<td>BODYFLOW Carrie S</td>
<td>BODYFLOW Carrie S</td>
<td>BODYFLOW Carrie S</td>
<td>Zumba Rocky</td>
<td>Zumba Rocky</td>
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<td>10:30 A.M.</td>
<td>1:00 P.M.</td>
<td>2:00 P.M.</td>
<td>3:00 P.M.</td>
<td>4:00 P.M.</td>
<td>5:00 P.M.</td>
<td>6:00 P.M.</td>
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<tr>
<td>RESTORATIVE Yoga Hannah W</td>
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<tr>
<td>Noon</td>
<td>1:00 P.M.</td>
<td>2:00 P.M.</td>
<td>3:00 P.M.</td>
<td>4:00 P.M.</td>
<td>5:00 P.M.</td>
<td>6:00 P.M.</td>
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<tr>
<td>7:00 P.M.</td>
<td>8:00 P.M.</td>
<td>9:00 P.M.</td>
<td>10:00 P.M.</td>
<td>11:00 P.M.</td>
<td>12:00 P.M.</td>
<td>1:00 A.M.</td>
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<td>RESTORATIVE Yoga Hannah W</td>
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