

K-FIT

FALL 2018

FINALS & INTERIM SCHEDULE DECEMBER 10-14 & DECEMBER 17-21

*Classes are open to all Graduate Students & KREC members during this period.
KFIT Pass holders can also take any GroupX or Yoga Pass class during this period.*

FINALS SCHEDULE, DECEMBER 10-14

Monday

TOTAL BODY
CHALLENGE, L2/3,
6:30-7:30PM, KREC
STUDIO, (RACHEL)

Tuesday

YOGA FLOW, L1/2,
4:10-5:20PM, KREC
STUDIO, (ANIA)

BARRE WITHOUT THE
BARRE, M2/3,
5:30-6:30PM, KREC
STUDIO, (CLAIRE)

SPIN & CORE, L2/3,
6:45-7:45PM, KREC
STUDIO (CLAIRE)

Wednesday

DANCE IT OUT, M2,
6:15-7:15PM, KREC
STUDIO (JULIA)

Thursday

YOGA FLOW, L1/2,
5:00-6:10PM, KREC
STUDIO, (ANIA)

BOLLYPOP, M2,
6:15-7:15PM, KREC
STUDIO (CHRISTINA)

Saturday

ASHTANGA YOGA, M2,
9:00-10:30AM, KREC
STUDIO (ANIA)

INTERIM SCHEDULE, DECEMBER 17-21

Monday

TOTAL BODY
CHALLENGE, L2/3,
6:30-7:30PM, KREC
STUDIO, (RACHEL)

Tuesday

BARRE WITHOUT THE
BARRE, M2/3,
5:30-6:30PM, KREC
STUDIO, (CLAIRE)

SPIN & CORE, L2/3,
6:45-7:45PM, KREC
STUDIO (CLAIRE)