

Intramural Fitness Class Schedule – Fall 2017

5pm:



Wednesday

4pm: HIIT THE CORE with MELISSA

5pm: ZUMBA with ELLERY

6pm: TABATA with CHELSIE

7pm: YOGA with ELESE

Thursday

4pm: PILATES with ERIN

5pm: INSANITY with MIKKI

6pm: BUTT N GUT with MADI

7pm: YOGA TONE with HAILEY



Monday

4pm: HIIT THE CORE with MELISSA

STRONG by ZUMBA with ELLERY

6pm: DANCE FITNESS with HANNAH

7pm: YOGA with ELESE

Tuesday

4pm: PILATES with ERIN

5pm: INSANITY with MIKKI

6pm: BUTT N GUT with MADI

7pm: YOGA TONE with HAILEY



Friday

1pm: DANCE FITNESS with
HANNAH

2pm: TABATA with CHELSIE

Saturday

10am: instructor and class will vary

11am: instructor and class will vary

Sunday

4pm: instructor and class will vary

Questions?? Email Elese: EOsterberg14@winona.edu

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