

# FITNESS CLASS SCHEDULE

SPRING 2022

<b>TIME</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>
<b>5:00 P.M.</b>	<b>TABATA TONE</b>	<b>HITT &amp; STRENGTH</b>	<b>TABATA TONE</b>	<b>HITT &amp; STRENGTH</b>
<b>6:00 P.M.</b>	<b>YOGA</b>	<b>YOGA</b>	<b>YOGA</b>	<b>YOGA</b>
<b>7:00 P.M.</b>		<b>BUTT N' GUTT</b>		<b>BUTT N' GUTT</b>



**CLASSES ARE HELD IN THE FITNESS STUDIO LOCATED ON THE  
FIRST FLOOR OF THE IWC  
PLEASE EMAIL [CHRISTINA.DAILEY@GO.WINONA.EDU](mailto:CHRISTINA.DAILEY@GO.WINONA.EDU) OR  
[MBAMBENEK@WINONA.EDU](mailto:MBAMBENEK@WINONA.EDU) WITH ANY QUESTIONS  
THANKS! WE HOPE TO SEE YOU THERE!**