

CAMPUS RECREATION FITNESS SCHEDULE

MON	TUE	WED	THU	FRI	SAT
	Yoga Michael 6:20 - 7:10am		Yoga Michael 6:20 - 7:10am		
	Cycle Calais 6:30 - 7:15am		Cycle Calais 6:30 - 7:15am		
	Cycle Calais 7:30 - 8:15am		Cycle Calais 7:30 - 8:15am		
					Cycle Rotating 10:30 - 11:30am
Total Body Strength Calais 12:00 - 12:45pm	Barre Kassidy 12:00 - 12:45pm	Cycle Kathryn 12:00 - 12:45pm	Yoga Michael 12:00 - 12:45pm	Cycle Ava 12:00 - 12:45pm	
	Cycle Bethany 4:30 - 5:15pm	Barre Kathryn 4:30 - 5:15pm	Cycle Kathryn 4:30 - 5:15pm		
	Barre Bethany 5:30 - 6:15pm	Yoga Taurus 5:30 - 6:15pm	Barre Kathryn 5:30 - 6:15pm		
Cycle Ava 5:30 - 6:15pm	Cycle Ava 5:30 - 6:15pm	Cycle Bethany 5:30 - 6:15pm	Cycle Kyli 5:30 - 6:15pm		
Kickboxing Bethany 6:30 - 7:15pm	HIIT Kathryn 6:30 - 7:15pm	Kickboxing Calais 6:30 - 7:15pm	HIIT Kathryn 6:30 - 7:15pm		
Cycle Ava 6:30 - 7:15pm	Cycle Ava 6:30 - 7:15pm	Cycle Katie 6:30 - 7:15pm	Cycle Katie 6:30 - 7:15pm		
		Barre Bethany 6:30 - 7:15pm			
Cycle Bethany 7:30 - 8:30pm		Cycle Katie 7:30 - 8:30pm			
Yoga Taurus 7:30 - 8:15pm					



Cycle Studio



Studio 2



Studio 3



Rec Pool



Scan the QR code to sign up or go to
[BOISESTATE.EDU/RECREATION/FITNESS](https://boisestate.edu/recreation/fitness)

For accommodations please contact
Fitness at fitness@boisestate.edu



BOISE STATE UNIVERSITY