## **CAMPUS RECREATION FITNESS SCHEDULE**

Yoga   Michael   6:20 - 7:10am   Cycle   Calais   6:30 - 7:15am   Cycle   Calais   6:30 - 7:15am   Cycle   Calais   Ca	MON	TUE	WED	THU	FRI	SAT
Calais   G:30 - 7:15am   G:30 - 7:15pm   G:3		Michael		Michael		
Calais   7:30 - 8:15am   7:3		Calais		Calais		
Total Body Strength   Calais   Calais   Calais   Calais   Calais   Li2:00 - 12:45pm   L		Calais		Calais		
Calais 12:00 - 12:45pm Kassidy 12:00 - 12:45pm Michael 12:00 - 12:45pm Ava 12:00 - 12:45pm   Cycle Courtney 4:30 - 5:15pm Barre Kathryn 4:30 - 5:15pm Cycle Kathryn 4:30 - 5:15pm Barre Kathryn 4:30 - 5:15pm   Cycle Ava 5:30 - 6:15pm Cycle Ava 5:30 - 6:15pm Cycle Kyli 5:30 - 6:15pm Kyli 5:30 - 6:15pm   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 Katie 6:30 - 7:15pm Cycle Katie 6:30 - 7:15pm   Cycle Ava 6:30 - 7:15pm Cycle Katie 6:30 - 7:15pm Cycle Katie 6:30 - 7:15pm   Cycle Katie 6:30 - 7:15pm Cycle Katie 6:30 - 7:15pm						Rotating
Courtney	Calais	Kassidy	Kathryn	Michael	Ava	
Courtney						
Cycle		Courtney	Kathryn	Kathryn		
Áva Áva S:30 - 6:15pm Kyli   5:30 - 6:15pm 5:30 - 6:15pm 5:30 - 6:15pm   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 Katie 6:30 - 7:15pm Cycle Katie 6:30 - 7:15pm   6:30 - 7:15pm 6:30 - 7:15pm 6:30 - 7:15pm		Kathryn	Tauras	Kathryn		
Kathryn 6:30 - 7:15pm Calais 6:30 - 7:15pm Kathryn 6:30 - 7:15pm   Cycle Ava 6:30 - 7:15pm Cycle Katie 6:30 - 7:15pm Cycle Katie 6:30 - 7:15pm   6:30 - 7:15pm 6:30 - 7:15pm 6:30 - 7:15pm	Āva	Āva	Ava	Kyli		
Ava Ava Katie Katie   6:30 - 7:15pm 6:30 - 7:15pm 6:30 - 7:15pm     Cycle Katie Katie   7:30 - 8:30pm 7:30 - 8:30pm		Kathryn	Calais	Kathryn		
Katie 7:30 - 8:30pm	Åva	Ava	Katie	Katie		
Katie 7:30 - 8:30pm						
Yoga			Katie			
Tauras 7:30 - 8:15pm	Tauras					



Cycle Studio

Scan the QR code to sign up or go to **BOISESTATE.EDU/RECREATION/FITNESS** 

Studio 3

Rec Pool

For accommodations please contact Fitness at fitness@boisestate.edu

Studio 2

