

Group FITNESS

SPRING BREAK

MARCH 16 - 21

MONDAY

<i>Sunrise Cycle</i>	5:45-6:35 a.m.	Cycle Studio	Carisa Ramming
<i>Yoga</i>	12-12:50 p.m.	D1 Studio	Amber Manning-Ouelette
<i>Strength & Stretch</i>	5:30-6:20 p.m.	D1 Studio	Debbie McAuliff

TUESDAY

<i>Yoga</i>	12-12:50 p.m.	D1 Studio	Lauren Pittser
<i>Pilates</i>	5:30-6:20 p.m.	D1 Studio	Alisara Ngamlurdwongsakul

WEDNESDAY

<i>Sunrise Cycle</i>	5:45-6:35 a.m.	Cycle Studio	Carisa Ramming
<i>Yoga</i>	12-12:50 p.m.	D1 Studio	Amber Manning-Ouelette
<i>Pilates</i>	5:30-6:20 p.m.	D1 Studio	Alisara Ngamlurdwongsakul

THURSDAY

<i>Pilates</i>	5:30-6:20 p.m.	D1 Studio	Alisara Ngamlurdwongsakul
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FRIDAY

<i>Sunrise Cycle</i>	5:45-6:35 a.m.	Cycle Studio	Carisa Ramming
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SATURDAY

<i>Yoga</i>	10:15-11:05 a.m.	D1 Studio	Lauren Pittser
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Reserve your spot at rec.wellness.okstate.edu

Registration opens 24 hours prior to class time.

