



FALL 2021: SEPT 7-DEC 10

Classes held in the Huntington 2nd Floor Martial Arts & Spin Studios and the 3rd Floor 301 & 303 Studios. Classes are open to all members of the Colgate Community.

(*except week of 11/21/21)

<u>MONDAYS</u>	<u>TUESDAYS</u>	<u>WEDNESDAYS</u>	<u>THURSDAYS</u>	<u>FRIDAYS</u>
4:30 – 5:20 PM	4:30 – 5:20 PM	4:30 – 5:20 PM	4:30 – 5:20 PM	4:30 – 5:20 PM
Zumba 301 Skippin' Skool 303 Beginner Boxing 2 nd FL		Zumba 301 Skippin' Skool 303 Beginner Boxing 2 nd FL	HIIT 303	Shred 301 Skippin' Skool 303 Boxing 2 nd FL
5:30 – 6:20 PM	5:30 – 6:20 PM	5:30 – 6:20 PM	5:30 – 6:20 PM	5:30 – 6:20 PM
Shred 301 Skippin' Skool 303 Spinning Hunt 2 nd FL Interm. Boxing 2 nd FL	Bootcamp 301 Shred 303	Yoga 301 Skippin' Skool 303 Spinning Hunt 2 nd FL Interm. Boxing 2 nd FL	Bootcamp 301 Shred 303	Restorative Yoga 301 Skippin' Skool 303
6:30 – 7:20 PM	6:30 – 7:20 PM	6:30 – 7:20 PM	6:30 – 7:20 PM	6:30 – 7:20 PM
Shred 301 Vinyasa Yoga 303	Belly Dance 301 Mobility 303	Power Yoga 301 Shred 303	Yoga 301 Mobility 303	