## 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.

### MONDAYS
- **4:30 – 5:20 PM**
  - Zumba 301
  - Skippin' Skool 303
  - Beginner Boxing 2nd FL
- **5:30 – 6:20 PM**
  - Shred 301
  - Skippin' Skool 303
  - Spinning Hunt 2nd FL
  - Interm. Boxing 2nd FL
- **6:30 – 7:20 PM**
  - Shred 301
  - Vinyasa Yoga 303

### TUESDAYS
- **4:30 – 5:20 PM**
  - Zumba 301
  - Skippin' Skool 303
  - Beginner Boxing 2nd FL
- **5:30 – 6:20 PM**
  - Bootcamp 301
  - Shred 303
- **6:30 – 7:20 PM**
  - Belly Dance 301
  - Mobility 303

### WEDNESDAYS
- **4:30 – 5:20 PM**
  - Zumba 301
  - Skippin' Skool 303
  - Beginner Boxing 2nd FL
- **5:30 – 6:20 PM**
  - Yoga 301
  - Skippin' Skool 303
  - Spinning Hunt 2nd FL
  - Interm. Boxing 2nd FL
- **6:30 – 7:20 PM**
  - Power Yoga 301
  - Shred 303

### THURSDAYS
- **4:30 – 5:20 PM**
  - HIIT 303
- **5:30 – 6:20 PM**
  - Bootcamp 301
  - Shred 303
  - Boxing 2nd FL
- **6:30 – 7:20 PM**
  - Yoga 301
  - Mobility 303

### FRIDAYS
- **4:30 – 5:20 PM**
  - Shred 301
  - Skippin' Skool 303
- **5:30 – 6:20 PM**
  - Restorative Yoga 301
  - Skippin' Skool 303
- **6:30 – 7:20 PM**
  - Yoga 301
  - Mobility 303