

Register on the Wright State
Recreation App or rec.wright.edu



Group Fitness Class Schedule



WRIGHT STATE
CAMPUS
RECREATION

FALL 2024

TIME	MON	TUE	WED	THU	FRI
07:15 AM	Pilates/Barre Sculpt		Pilates/Barre		
08:00 AM	Yoga	Yoga	Yoga	Yoga	Yoga
08:15 AM	Circuit Training		Circuit Training		Circuit Training
09:05 AM		Yoga		Yoga	
11:00 AM		Pilates			Pilates
12:00 PM	Scottish Dance		Scottish Dance		
12:10 PM	Cycle Sculpt	HIIT	Cycle Sculpt	HIIT	
12:15 PM					Cycle: Sing Along Learn to Lift
12:20 PM			Yoga		
04:00 PM				Pilates	
04:45 PM	HIIT				
05:15 PM		Yoga Cycle: Themed Ride	HIIT	Yoga Cycle: Themed Ride	Cycle: Themed Ride
05:30 PM		Learn to Lift			
05:45 PM	Boxing				Boxing
07:00 PM		Running		Running	

Questions? Call 775-5505 or email rec@wright.edu