

VIRTUAL CLASS SCHEDULE

Aug. 25 - Dec. 13 PRE-RECORDED CLASSES that are accessible for several months at a time.

REGISTER: USDFIT APP
WELLNESS.USD.EDU
605-658-6794

ALL DAY

COMBAT

ALL DAY

15/15/15

ALL DAY

YOGA FLOW

ALL DAY

YIN YOGA

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES