


| FALL | | FITNESS | | SCHEDULE | | Aug. 26 - Dec. 8 | |
|-----------------|--------------------------------------|-------------------------------------|------------------------------------|-------------------------------------|-------------------------------------|--|---------------------------------|
| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 5:15-6:00am | CARDIO STRENGTH Alicia - 112 | | CARDIO STRENGTH Alicia - 112 | | LM EXP BODY PUMP Alicia - 112 |  UNIVERSITY OF SOUTH DAKOTA | |
| 6:00-6:45 am | | | HOT YOGA SCULPT Jordan - 113 | | HOT YOGA SCULPT Jordan - 113 | | |
| 6:00-7:00am | | LM BODY PUMP Alicia - 112 | | LM BODY PUMP Dottie - 112 | | | |
| 7:00 -7:30am | | CYCLE EXPRESS Drew - 109 | | CYCLE EXPRESS Drew - 109 | | | |
| 7:15-8:15am | YOGA FLOW April - 113 | YOGA INC. April - 113 | | VINYASA FLOW April - 113 | | | |
| 7:30 -8:00am | EXPRESS ROW Hailey - 112 | | EXPRESS ROW Kara - 112 | | EXPRESS ROW April - 112 | | |
| 8:15-8:45am | STRETCH, CORE & MORE Hailey - 112 | | STRETCH, CORE & MORE Mary - 112 | | | | |
| 8:15-9:15am | | | | | | | HOT YOGA FLOW Hanna - 113 |
| 8:30 -9:00am | | | | | | | EXPRESS ROW Instructor - 112 |
| 8:30-9:15am | | FOREVER FIT Paige -upstairs | | FOREVER FIT Mary - 112 | | | |
| 9:15 - 10:15am | | | | | | LM BODY PUMP Instructor - 112 | |
| 9:30 - 10:45am | | YIN YOGA Laurie - 113 | | YIN YOGA Laurie - 113 | | | |
| 9:45 - 10:30am | CHAIR IN MOTION Mary - 112 | | CHAIR IN MOTION Mary - 112 | | | | |
| 11:00am-12:00pm | | YOGA FOR LIFE Laurie - 113 | | YOGA FOR LIFE Laurie - 113 | | | |
| 12:05-12:50pm | MAT PILATES Mary - 112 | | BARRE Becca - 113 | | LM EXP BODY PUMP Stacey - 112 | | |
| 12:30-1:15pm | | CYCLE EXPRESS Anna - 109 | | HIIT YOGA April - 113 | | | |
| 1:00-1:45pm | | | | | | CYCLE Wynette- 109 | |
| 4:00-4:45pm | | | HOT YOGA SCULPT Addy - 113 | | | | |
| 4:45-5:15pm | CYCLE EXPRESS Nikki - 109 | | | | CYCLE EXPRESS Nikki - 109 | | |
| 5:00 - 5:45pm | | LM BODY COMBAT Dottie - 112 | | LM BODY COMBAT Wynette - 112 | | | |
| 5:30 - 6:15pm | | | CYCLE Drew- 109 | | | | |
| 5:30 - 6:30pm | LM BODY PUMP Wynette - 112 | | SLOW FLOW YOGA Sandi - 113 | | STRETCH RESTORE YOGA Sandi - 113 | | |
| 5:30-6:30pm | HOT YOGA FLOW Natalee - 113 | | | | | If you are a person with a disability and need special accommodations to fully participate, please contact Disability Services 48 hours in advance at 605-658-3745 | |
| 6:00-6:45pm | | KISADO Nikki - 112 | STRENGTH 101 Paige - 112 | KISADO Drew - 112 | | | |
| 6:00 - 7:00pm | | HOT YOGA FLOW Hanna - 113 | | HOT YOGA FLOW Hanna - 113 | | | |
| 7:00-7:45pm | ZUMBA Abbi - 112 | | WERQ Heevoung - 112 | ZUMBA Abbi - 112 | WERQ Heevoung - 112 | | |
| 8:00 - 8:45 pm | MAT PILATES Beata 113 | DANCE FUNDAMENTAL Kaleesta - 112 | | DANCE FUNDAMENTAL Kaleesta - 112 | | | |