


| SPRING | | FITNESS | | SCHEDULE | | Jan. 13 - May 2 | |
|----------------|--------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|--|---------------------------------|
| 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 Kaitlyn - 112 | | LM BODY PUMP Dottie/Alicia - 112 | | | |
| 7:00 -7:30am | | CYCLE EXPRESS Kelsey - 109 | | CYCLE EXPRESS Kelsey - 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 Sophia - 112 | | EXPRESS ROW Sophia - 112 | | |
| 8:15-9:00am | 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 Sophia - upstairs | | FOREVER FIT Mary - 112 | | | |
| 9:15 - 10:15am | | | HATHA YOGA Betsey - 113 | | HATHA YOGA Betsey - 113 | LM BODY PUMP Instructor - 112 | |
| 9:15 - 10:00am | CHAIR IN MOTION Mary - 112 | | CHAIR IN MOTION Mary - 112 | | | | |
| 9:30 - 10:45am | | YIN YOGA Laurie - 113 | | YIN YOGA Laurie - 113 | | | |
| 12:05-12:50pm | MAT PILATES Mary - 112 | LM EXP COMBAT/CORE Dottie - 112 | BARRE Becca - 113 | THROWBACK CARDIO April - 113 | LM EXP BODY PUMP Stacey - 112 | | |
| 1:00-1:45pm | | | | | | CYCLE Wynette- 109 | |
| 2:00-2:30pm | | | | | | LM EXP COMBAT Wynette - 112 | |
| 4:15-4:45pm | | | BUTTS AND GUTS Sophia - 112 | EXPRESS ROW Dottie - 112 | | | |
| 4:30-5:15pm | | HOT YOGA SCULPT Jordan - 113 | | | | | |
| 4:45-5:15pm | CYCLE EXPRESS TBD/Nikki - 109 | | | | CYCLE EXPRESS TBD/Nikki - 109 | | |
| 5:00-6:00pm | | | | LM BODY PUMP Kaitlyn - 112 | | | |
| 5:30 - 6:15pm | | | CYCLE Kelsey- 109 | | | | |
| 5:30 - 6:30pm | LM BODY PUMP Wynette - 112 | | LM EXP COMBAT/CORE Wynette - 112 | | STRETCH RESTORE YOGA Sandi - 113 | | |
| 5:30-6:30pm | HOT YOGA FLOW Natalee - 113 | | SLOW FLOW YOGA Sandi - 113 | | | | |
| 6:00 - 7:00pm | | HOT YOGA FLOW Hanna - 113 | | HOT YOGA FLOW Hanna - 113 | | | |
| 7:00-7:45pm | ZUMBA Abbi - 112 | | WERQ Heeyoung - 112 | ZUMBA Abbi - 112 | WERQ Heeyoung - 112 | | |
| 7:00-7:45pm | MAT PILATES Beata 113 | | | | | | |
| 8:00 - 8:45 pm | LUNAR FLOW YOGA Betsey - 113 | DANCE FUNDAMENTAL Kaleesta - 112 | LUNAR FLOW YOGA Betsey - 113 | DANCE FUNDAMENTAL Kaleesta - 112 | | | |

If you are a person with a disability and need a special accommodation to fully participate, please contact the Office of Accessibility at least 48 hours before an event. Students and the public can contact the Office of Accessibility at 605-658-3745 or accessibility@usd.edu. Faculty and staff should contact Human Resources