

WIEGAND FITNESS CENTER @ UNR

Spring 2018 · Begins January 22 · Ends May 18

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Key
6:30 AM	Cardio Kickstart Room F (Colleen) 6:30AM	Crossfit FTZ1 (Mike) 6:30AM	Cardio Kickstart Room F (Colleen) 6:30AM	Crossfit FTZ1 (Mike) 6:30AM			FTZ 1
	Cycle Room G (Emily) 6:30AM	Barre Room B (Jade) 6:30AM	Cycle Room G (Emily) 6:30AM	Barre Room B (Anna) 6:30AM			FTZ 2
	Pilates Reformer Room D (Whitney) 6:30AM	Mat Pilates Room E (Anna) 6:30AM	Pilates Reformer Room D (Whitney) 6:30AM		Pilates Reformer Room D (Karen) 6:30AM		Room A
	Sunrise Yoga Room E (Karen) 6:30AM						Room B
7:00 AM		Zumba Room C (Lauren) 7:00AM		Zumba GOLD Room C (Amy M) 7:00AM			Room C
7:30 AM		Pilates Reformer Room D (Anna) 7:30AM		Pilates Reformer Room D (Anna) 7:30AM			Room D
9:00 AM						Crossfit FTZ1 (Juan) 9:00AM Pilates Reformer Room D (Whitney) 9:00AM	Room E
11:00 AM	Pilates Reformer Room D (Kim) 11:00AM	Aerial Hammock Room B (Ana B) 11:00AM	Pilates Reformer Room D (Kim) 11:00AM	Aerial Hammock Room B (Ana B) 11:00AM			Room F
		H.I.I.T. Room C (Shelley) 11:00AM	Tabata - 30 mins Room B (Kalyne) 11:20 - 11:50AM	Les Mills' Bodypump Room C (Shelley) 11:00AM			Room G
		Cyclone - 30 mins Room G (Kelly) 11:15 - 11:45AM		Cyclone - 30 mins Room G (Kelly) 11:15 - 11:45AM			
12:00 PM	Alpha & Omega Room B (Amy) 12:00PM	Alpha & Omega Room B (Kalyne) 12:00PM	Alpha & Omega Room B (Amy) 12:00PM	Alpha & Omega Room B (Kalyne) 12:00PM			
	Cycle Room G (Kenzi) 12:00PM	Cyclone - 30 mins Room G (Shelley) 12:00 - 12:30PM	Cycle Room G (Kenzi) 12:00PM				
	Crossfit FTZ1 (Eric) 12:00PM	Crossfit FTZ1 (JP) 12:00PM	Crossfit FTZ1 (Chase) 12:00PM	Crossfit FTZ1 (Lauren) 12:00PM	Crossfit FTZ1 (Eric) 12:00PM		
	Pilates Reformer Room D (Kim) 12:00PM	Pilates Reformer Room D (Anna) 12:00PM	Pilates Reformer Room D (Kim) 12:00PM	Pilates Reformer Room D (Anna) 12:00PM	Pilates Reformer Room D (Kim) 12:00PM		
	Yoga Room E (Cindy) 12:00PM	Les Mills' Bodypump Room C (Kenzi) 12:00PM	Yoga Room E (Cindy) 12:00PM	Les Mills' Body Combat Room C (Shelley) 12:00PM			
	Spring 2018 Cub Corp FTZ2 (Nicole) 12:00PM	Spring 2018 Cub Corp FTZ2 (Nicole) 12:00PM	Spring 2018 Cub Corp FTZ2 (Nicole) 12:00PM	Spring 2018 Cub Corp FTZ2 (Nicole) 12:00PM	Spring 2018 Cub Corp FTZ2 (Nicole) 12:00PM		
1:00 PM	Pilates Reformer Room D (Kim) 1:00PM	Pilates Reformer Room D (Anna) 1:00PM	Pilates Reformer Room D (Kim) 1:00PM	Pilates Reformer Room D (Anna) 1:00PM	Pilates Reformer Room D (Kim) 1:00PM		
4:30 PM	Yoga Sculpt Room E (Cassie) 4:30PM	Power Yoga Room E (Cassie) 4:30PM	Yoga Sculpt Room E (Cassie) 4:30PM	Power Yoga Room E (Cassie) 4:30PM			
	Crossfit Pink FTZ1 (Nicole) 4:30PM		Crossfit Pink FTZ1 (Meg) 4:30PM		Crossfit Pink FTZ1 (Nicole) 4:30PM		
5:00 PM					Mat Pilates Room E (Christina) 12:00PM		
5:30 PM	Barre Room B (Nicole F) 5:30PM	Queenax Super Func. Room B (Jackie) 5:30PM	Barre Room B (Jade) 5:30PM	Girls on Guard Room A (Robyn) 5:30PM			
	Crossfit FTZ1 (Carlos) 5:30PM	Crossfit FTZ1 (Justin) 5:30PM	Crossfit FTZ1 (Meg) 5:30PM	Crossfit FTZ1 (Meg) 5:30PM	Crossfit FTZ1 (Kali) 5:30PM		
	Girls on Guard Room A (April) 5:30PM	Cycle Room G (Savannah) 5:30PM		Cycle Room G (Savannah) 5:30PM			
	Pilates Reformer Room D (Chandra) 5:30PM	Pilates Reformer Room D (Whitney) 5:30PM	Pilates Reformer Room D (Christina) 5:30PM	Pilates Reformer Room D (Whitney) 5:30PM			
	Yoga Room E (Patty) 5:30PM		Yoga Room E (Patty) 5:30PM	Yoga Room E (Jackie) 5:30PM			
	Zumba Room C (Dan) 5:30PM	Zumba Room C (Dan) 5:30PM	Zumba Room C (Lauren) 5:30PM	Zumba Room C (Dan) 5:30PM			
		Boxing Skills & Drills Room F (DeWayne) 5:30PM		Boxing Skills & Drills Room F (DeWayne) 5:30PM			
	Spring 2018 Cub Corp FTZ2 (Nicole) 5:30PM	Spring 2018 Cub Corp FTZ2 (Nicole) 5:30PM	Spring 2018 Cub Corp FTZ2 (Nicole) 5:30PM	Spring 2018 Cub Corp FTZ2 (Nicole) 5:30PM	Spring 2018 Cub Corp FTZ2 (Nicole) 5:30PM		
6:30 PM	Aerial Hammock Room B (Ana B) 6:30PM	Barre Room B (Nicole F) 6:30PM	Aerial Hammock Room B (Ana B) 6:30PM	Queenax Super Func. Room B (Dan) 6:30PM			
	Crossfit FTZ1 (Carlos) 6:30PM	Fighter Conditioning Room F (DeWayne) 6:30PM	Crossfit FTZ1 (Meg) 6:30PM	Fighter Conditioning Room F (DeWayne) 6:30PM			
		Les Mills' Bodypump Room C (Kenzi) 6:30PM	H.I.I.T. Room C (Eric) 6:30PM	Dance Body Bootcamp Room C (Eric) 6:30PM			
	Pilates Reformer Room D (Chandra) 6:30PM		Pilates Reformer Room D (Christina) 6:30PM				
	Yoga Room E (Patty) 6:30PM	Yoga Room E (Jackie) 6:30PM	Yoga Room E (Patty) 6:30PM				
	TRX Suspension Room F (Cori) 6:30PM		TRX Suspension Room F (Cori) 6:30PM				
7:00 PM	Zumba Room C (Lauren) 7:00PM						
7:30 PM	Aerial Hammock Room B (Ana B) 7:30PM		Aerial Hammock Room B (Ana B) 7:30PM				
			Dance Body Bootcamp Room C (Corrie) 7:30PM	H.I.I.T. Room C (Corrie) 7:30PM			