



UNIVERSITY of
LOUISIANA
L A F A Y E T T E

Recreational
Sports

GROUP EXERCISE FALL 2026



MONDAY

CYCLING

TRAINING STUDIO

4PM - 5PM

MOLLY

ZUMBA

DANCE STUDIO

6PM - 7PM

AVERY

TUESDAY

CYCLING

TRAINING STUDIO

5PM - 6PM

CHARIS

YOGA

DANCE STUDIO

6PM - 7PM

ALEX

WEDNESDAY

STEADY CYCLE

TRAINING STUDIO

6:45AM - 7:30AM

ARIEL

FUNCTIONAL FITNESS

TRAINING STUDIO

4PM - 4:45PM

LYDIA

CYCLING

TRAINING STUDIO

5PM - 6PM

MOLLY

THURSDAY

SUNRISE YOGA

MINDFULNESS STUDIO

7-7:45AM

ALEX

STRENGTH & CONDITIONING

TRAINING STUDIO

4PM - 5PM

KARSTEN

CYCLING

TRAINING STUDIO

5:15PM - 6:15PM

CHARIS

FRIDAY

POWER HOUR

TRAINING STUDIO

12PM - 1PM

SAHIB

2000's ZUMBA

DANCE STUDIO

12:45PM-1:30PM

AMIAH

BOOTCAMP

TRAINING STUDIO

2:30-3:30PM

KARSTEN



FOLLOW US @ULRECSPORTS

NO REGISTRATION NEEDED