

#BLUEJAYFIT Classes

Fall 2025

RECREATION+
WELLNESS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Barre
6:15AM-7AM

Bluejay Cycle
7AM-7:30AM

Vinyasa Yoga
3PM-4PM

Surge
5PM-6PM

Bluejay Cycle
6:15PM-7PM

Power Yoga
7PM-8PM

HITT
8PM-8:30PM

Bluejay Cycle
6:15AM-7AM

Basic Yoga
8AM-9AM

Ab Attack
12PM-12:30PM

Cycle + Sculpt
5PM-6PM

Vinyasa Yoga
6PM-7PM

Step It
7PM-8PM

Yoga Sculpt
8PM-9PM

Bluejay Cycle
6:30AM-7:15AM

Ab Attack
7:30AM-8AM

Barre + Cycle
4:30PM-5:30PM

Women + Weights
5PM-6PM

Basic Yoga
6:30PM-7:30PM

WERQ
7PM-7:45PM

Bluejay Cycle
6:15AM-7AM

Vinyasa Yoga
8AM-9AM

Cycle + Sculpt
5:45PM-6:45PM

Cross Training
7PM-8PM

FitCore Mat Pilates
8:15PM-9PM

Bluejay Cycle
7AM-7:45AM

Barbell Blast
8:30AM-9:30AM

Hatha Yoga
12PM-1PM

Step It Strength
2PM-2:45PM

Barre
3:30PM-4:30PM

FitCore Mat Pilates
10AM-10:45AM

Bluejay Cycle
3:30PM-4:15PM

WERQ
4:30PM-5:30PM

SUNDAY

Yoga Sculpt
3:30PM-4:30PM

Cross Training
4PM-5 PM



Get Your
Pass Here!

- ☒ Upper Fitness
- ☐ Mind & Body Suite 148
- ☐ Multipurpose Room 135

LET'S MOVE TOGETHER!