UNA Yoga & Fitness Drop-in Schedule | 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spin 8:00 - 9:15 AM 19+ | WCC	Spin 7:45 - 8:15 AM 19+ | WCC	Barre Pilates 9:30 - 10:30 AM WCC	Full Body Bootcamp 9:45 - 10:45 AM 19+ | WCC	Bootcamp 10:45 - 11:45 AM 19+ | WCC	Morning Express HIIT 6:30 - 7:15 AM 19+ | WCC	Iyengar Yoga with Luci 10:00 - 11:15 AM 19+ | WCC
Dance Foundations (Kids) 10:20 - 11:20 AM WCC	Yoga in Mandarin 10:45 - 11:45 AM 19+ | WCC	Hatha Yoga 10:00 - 11:30 AM 19+ | WCC	Hatha Yoga 10:00 - 11:00 AM 19+ | WCC	Lunchtime Express HIIT 12:00 - 12:30 PM 19+ | WCC	Gentle Yoga 10:00 - 11:00 AM 19+ | WCC	K-Pop Hip Hop (Kids) 11:15 AM - 12:15 PM 6-10 Years | WCC
Restorative Yoga 5:15 - 6:30 PM 16+ | WCC	Fit Together 11:55 - 12:55 PM Children Under 2 & Parents 18 + | WCC	Gentle & Restorative Yoga 10:35 - 11:50 AM 19+ | WCC	Iyengar Yoga | Intermediate 10:15 - 11:45 AM 19+ | OBCC	Chair Yoga 1:00 - 2:00 PM 19+ | WCC	Lunchtime Express Spin 11:45 AM - 12:15 PM 19+ | WCC	Zumba 11:25 AM - 12:25 PM 19+ | WCC
	Osteofit with Angie 1:00 - 2:00 PM 55+ | WCC	Pre & Postnatal Yoga 11:30 AM - 12:30 PM 19+ | WCC	Lunchtime Express Spin 12:00 - 12:30 PM 19+ | WCC	Iyengar Level 2 with Brian 6:15 - 7:45 PM 19+ | WCC	Yoga in Mandarin 1:30 - 2:30 PM 19+ | WCC	
	Preschool Dance (Early Years) 3:30 - 4:15 PM 2-5 Years | WCC	Chinese Folk Dance 12:30 - 2:00 PM 19+ | WCC	Preschool Dance (Early Years) 3:30 - 4:15 PM 2-5 Years | WCC		Ballet Drop-in Intermediate/Advanced 5:00 - 6:30 PM 19+ | WCC	
	Dance Foundations (Kids) 4:20 - 5:20 PM 4-6 Years | WCC	K-Pop Hip Hop (Youth) 3:30 - 4:30 PM 6-10 Years | WCC	Ballet 1 (Kids) 4:20 - 5:20 PM 6-8 Years | WCC			
	Musical Theatre 1 (Kids) 5:25 - 6:25 PM 7-10 Years | WCC	K-Pop Hip Hop (Youth) 4:30 - 5:30 PM 11-16 Years | WCC	Ballet 2 (Kids) 5:20 - 6:20 PM 6-10 Years | WCC			
	Iyengar Level 1 with Brian 6:30 - 7:30 PM 19+ | WCC	Iyengar Yoga | Beginner 7:30 - 8:30 PM 19+ | WCC	Zumba 6:45 - 7:45 PM 19+ | WCC			
	Spin 7:40 - 8:25 PM 19+ | WCC		Full Body Strength Bootcamp 7:45 - 8:30 PM 19+ | OBCC			
	Full Body Strength Bootcamp 7:45 - 8:30 PM 19+ | OBCC		Beginner Ballet 8:00 - 9:00 PM 19+ | WCC			

55+ | Spin | Yoga/Sound Healing | Zumba/Dance | Group Fitness