

USC WORKOUT CLASSES

UPC Lyon Center

FALL 2015

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am	Robinson Room		SCYCLING (Megan)		SCYCLING (Megan)		
	Fisher Museum			YOGA AT THE FISHER (Francois) 9/2-11/21			
11:00 am	Group Exercise Room						ZUMBA (Rotation)
	Group Exercise Room	MUSCLE CONDITIONING (Justine)	YOGA (Dan)		YOGA (Sasha)	YOGA (Francois)	
12:05 pm	Robinson Room	SCYCLING (Ben)		SCYCLING (Ben)		SCYCLING (Rebecca)	
	Weight Room			SYNRGY CIRCUIT (Shanelle)			
2:00 pm	Group Exercise Room	YOGA (Nikita)			YOGA (Nikita)		
4:30 pm	Group Exercise Room	ZUMBA (Lauren)	CARDIO-KICK (Jean)	YOGA (Brianna)			
	Robinson Room	SCYCLING (Michael)		SCYCLING (Michael)			
	Dance Studio		ZUMBA (Nika)				
5:30 pm	Group Exercise Room	TROJAN TRAINING CAMP (JoJo)	YOGA (Mike)	TROJAN TRAINING CAMP (JoJo)	ZUMBA (Lauren)	ZUMBA (Bianca)	
	Robinson Room	TRX (Brian)	SCYCLING (JoJo)		SCYCLING (JoJo)		
	Dance Studio	MAT PILATES (Stacy)		MAT PILATES (Stacy)		MAT PILATES (Stacy)	
	Meet in LRC Lobby (Outside @ Synrgy)			OUTDOOR BOOTCAMP (Dennis)			
6:30 pm	Group Exercise Room	ZUMBA (Nika)	HIP-HOP CARDIO (Bianca)	YOGA (Rachel)	Pilates/Yoga (Brooke)		CLASSES IN RED HAVE BEEN CHANGED FROM THE ORIGINAL SCHEDULE AS OF 9/3/15
	Robinson Room			SCYCLING (Marcos)	TRX (Brian)		
	Dance Studio						
7:30 pm	Group Exercise Room		BELLYDANCE (Janet)	HIP-HOP CARDIO (Michael B.)			
	Dance Studio						
8:30 pm	Group Exercise Room				LATE NIGHT YOGA* (Nikita) *1ST Thursdays		

DAY PASS: \$15 SEMESTER PASS: \$75 for students | \$30 all other members