

SOUTHERN MISS GROUP EX SCHEDULE

WINTER INTERIM
DECEMBER 9- DECEMBER 20

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

MAGNOLIA STUDIO

8:00-8:50 AM	MEDITATION	FUNCTIONAL FIT	MEDITATION	FUNCTIONAL FIT
9:00-9:50 AM		MEDITATION		
12:10-1:00 PM	YOGA		YOGA	
5:30-6:20 PM	HUSTLE & MUSCLE	CARDIO DANCE	HIP HOP	

DOGWOOD STUDIO

5:30-6:20 PM	FUNCTIONAL FIT	ADVANCED BOXING	FUNCTIONAL FIT
6:30-7:20 PM	BOXING BOOTCAMP		TRX BOOTCAMP

SPIN STUDIO

12:10-1:00 PM	SPIN	SPIN
5:30-6:20 PM	SPIN	

NATATORIUM POOL

9:00-9:50 AM		AQUA FUSION	AQUA FUSION
5:00-6:00 PM			

ALL CLASSES ARE FREE

FOR SCHEDULE & UPDATES ON GROUP FITNESS CLASSES FOLLOW US ON SOCIAL MEDIA

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SOUTHERN MISS
CAMPUS RECREATION