

SOUTHERN MISS GROUP EX SCHEDULE

SPRING FINALS
May 6 - May 12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

MAGNOLIA STUDIO

5:00 - 5:50 PM

PILATES

DOGWOOD STUDIO

6:30 - 7:20 AM

EAGLE STRONG

12:10 - 1:00 PM

YOGA

YOGA

2:00 - 2:50 PM

BALLROOM BASICS

5:30 - 6:20 PM

HUSTLE AND MUSCLE

STEP/SCULPT

HIP HOP W/ BRIAN

6:30 - 7:20 PM

SWING DANCE 101

SPIN STUDIO

12:30 - 1:20 PM

SPIN

SPIN

6:30 - 7:20 PM

SPIN

NATATORIUM POOL

9:00 - 9:50 AM

AQUA FUSION

ALL CLASSES ARE FREE

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

 @southernmisscampusrec

 @usmcampusrec

 @somisscampusrec



SOUTHERN MISS
CAMPUS RECREATION