

SOUTHERN MISS GROUP EX SCHEDULE

SUMMER INTERSESSION
August 11-21

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

MAGNOLIA STUDIO

12:10-1:00 PM

EAGLE STRONG

BUTTS AND GUTS

6:00-6:50 PM

ZUMBA

DOGWOOD STUDIO

12:10-1:00 PM

TRX THURSDAY

5:30-6:20 PM

BOXING BOOTCAMP

SPIN STUDIO

6:30-7:20 PM

SPIN

NATATORIUM POOL

9:00-9:50 AM

AQUA FUSION

AQUA JOG

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

*ALL CLASSES ARE FREE

 @southernmisscampusrec

 @usmcampusrec

 @somisscampusrec



EOE/F/M/VETS/DISABILITY