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<th>Thu</th>
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<tbody>
<tr>
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<td>Abby E</td>
<td>Asia W</td>
<td>Ada</td>
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<td>Joe H</td>
<td>Jamie K</td>
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<td><strong>YOGA</strong></td>
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<tr>
<td><strong>EPPELEY RECREATION CENTER - OUTDOOR AQUATIC CENTER</strong></td>
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# Group Fitness Schedule

**Fall 2022, 8/29 - 12/13**

## Regents - Cycle Studio

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<th>Time</th>
<th>Activity</th>
<th>Instructor(s)</th>
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<tbody>
<tr>
<td>7:15am - 8am</td>
<td>CYCLE 45</td>
<td>Paige A</td>
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<tr>
<td>10am - 10:45am</td>
<td>CYCLE 45</td>
<td>Alex M</td>
</tr>
<tr>
<td>12pm - 12:45pm</td>
<td>CYCLE 45</td>
<td>Alexa P</td>
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<tr>
<td>4pm - 4:30pm</td>
<td>CYCLE 55</td>
<td>Natalie S</td>
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<tr>
<td>5:15pm - 6:10pm</td>
<td>CYCLE 55</td>
<td>Olivia P</td>
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<tr>
<td>6:30pm - 7:15pm</td>
<td>CYCLE 45</td>
<td>Erin C</td>
</tr>
<tr>
<td>8pm - 8:55pm</td>
<td>CYCLE 55</td>
<td>Emma F</td>
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<tr>
<td>7am - 7:45am</td>
<td>CYCLE 45</td>
<td>PJ T</td>
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<tr>
<td>10am - 10:55am</td>
<td>CYCLE 55</td>
<td>Kaitlyn R</td>
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<td>3:15pm - 4pm</td>
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<td>Alex M</td>
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<td>5:30pm - 6:15pm</td>
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<td>Jamie K</td>
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<tr>
<td>6:30pm - 7:15pm</td>
<td>CYCLE 45</td>
<td>Jess R</td>
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<tr>
<td>8:30pm - 9pm</td>
<td>CYCLE 30</td>
<td>Amanda R</td>
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<tr>
<td>7am - 7:45am</td>
<td>CYCLE 45</td>
<td>Connie B</td>
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<tr>
<td>10am - 10:45am</td>
<td>CYCLE 45</td>
<td>Alex M</td>
</tr>
<tr>
<td>12pm - 12:45pm</td>
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<td>Alex P</td>
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<tr>
<td>4:15pm - 5pm</td>
<td>CYCLE 45</td>
<td>Anastasia S</td>
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<td>5:15pm - 6:10pm</td>
<td>CYCLE 55</td>
<td>Olivia G</td>
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<tr>
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<td>Lydia F</td>
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<td>3:15pm - 4pm</td>
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<td>Wanda H</td>
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<td>6:30pm - 7:25pm</td>
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<td>Anastasia G</td>
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## Regents - Multipurpose Room

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<tbody>
<tr>
<td>9 - 9:45am</td>
<td>BEGINNER YOGA</td>
<td>Alex M</td>
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<td>4pm - 5pm</td>
<td>BODYPUMP</td>
<td>Asia W</td>
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<td>5:15pm - 5:45pm</td>
<td>LES MILLS CORE</td>
<td>Natalie S</td>
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<td>6pm - 7pm</td>
<td>COMBAT</td>
<td>Rahat S</td>
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<tr>
<td>7:15pm - 8:15pm</td>
<td>BODYPUMP</td>
<td>Molly S</td>
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<tr>
<td>7:15am - 8:15am</td>
<td>BODYPUMP</td>
<td>Elise P</td>
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<td>8:30am - 9:15am</td>
<td>YOGA FLOW</td>
<td>Christina D</td>
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<tr>
<td>4:15pm - 5:15pm</td>
<td>POWER YOGA</td>
<td>Ella S</td>
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<tr>
<td>6pm - 7pm</td>
<td>BODYPUMP</td>
<td>Rebekah E</td>
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<td>7:30 - 8:15pm</td>
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<td>BEGINNER YOGA</td>
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<tr>
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<td>BODYPUMP</td>
<td>Abby E</td>
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<td>5:15pm - 5:45pm</td>
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<tr>
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<td>Dan L</td>
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**NO CLASSES:** Labor Day (9/5) + Thanksgiving Break (11/23-11/27)

**FINALS SCHEDULE COMING:** 12/14 - 12/17

**CLASS DESCRIPTIONS:** go.umd.edu/groupfitclasstypes