# GROUP FITNESS SCHEDULE  
**SUMMER '21**

**JUNE 1 - AUG 20** Please note all classes are subject to change due to COVID-19. Please check website for latest updates.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>YOUTUBE</strong> - <a href="http://go.umd.edu/virtualgroupfit">go.umd.edu/virtualgroupfit</a></td>
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<tr>
<td>4 - 4:30pm</td>
<td>7 - 7:45am</td>
<td>5 - 6pm</td>
<td>8 - 8:45am</td>
<td>New Barre Video Added to YouTube (Allison S)</td>
<td>New HIIT Video Added to YouTube (Natalie L)</td>
<td>No classes Friday, June 18 or Monday, July 5</td>
</tr>
<tr>
<td>CHAIR YOGA</td>
<td>BARRE</td>
<td>BODYPUMP</td>
<td>YOGA FLOW</td>
<td>Barre</td>
<td>Barre</td>
<td>BodyPump videos are only available for livestream due to music licensing restrictions; this class will not be left up on the channel for playback.</td>
</tr>
<tr>
<td>Tatiana Te</td>
<td>Sue S</td>
<td>Rebekah E</td>
<td>Kristen C</td>
<td>Abby P</td>
<td>Abby P</td>
<td></td>
</tr>
<tr>
<td>4 - 4:30pm</td>
<td>5 - 6:15pm</td>
<td>6:15 - 7pm</td>
<td>6:15 - 7pm</td>
<td>5 - 5:45pm</td>
<td>5 - 5:45pm</td>
<td>5 - 5:45pm</td>
</tr>
<tr>
<td>HIIT</td>
<td>BARRE</td>
<td>YOGA FLOW</td>
<td>Barre</td>
<td>BARRE</td>
<td>BARRE</td>
<td>BARRE</td>
</tr>
<tr>
<td>Alyza B</td>
<td>Abby P</td>
<td>Tatiana Te</td>
<td>New Cycle45 Video Added to YouTube (Allison S)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

No classes Friday, June 18 or Monday, July 5

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