



SAINT LOUIS UNIVERSITY
CAMPUS RECREATION AND WELLNESS

@SLUrecandwellness

Group Fitness Live Schedule

MAY 18 - AUGUST 8, 2020

ALL WORKOUTS ARE 45 MINUTES, CENTRAL TIME & FREE!

Mondays

8am Gentle Yoga

facebook **LIVE**

5:30pm Zumba



(Mtg ID: 656 523 969)

Tuesdays

6pm Mat Pilates



(Mtg ID: 944 2609 9286)

7:45am All Levels
Yoga Flow

facebook **LIVE**

Wednesdays

5:30pm Pound



(Mtg ID: 229 275 193)

6pm Power Yoga

Instagram **LIVE**

Thursdays

6pm Power Yoga

Instagram **LIVE**

Fridays

5pm Yoga & Meditation

facebook **LIVE**

Saturdays

11:30am Zumba



(Mtg ID: 603 433 350)