

Fall '23 FITNESS CLASSES

	Monday	Tuesday	Wednesday	Thursday	Saturday
10:30a – 11:15p					Body Pump
11:30a – 12:15p					Body Combat
11:00a – 11:45a		Body Combat		Body Combat	
12:00p – 12:45p	Pump & Shred	Circuit Bootcamp	Pump & Shred	Circuit Bootcamp	
4:30p – 5:15p		Refit		Refit	
5:30p - 6:30p	Learn to Swing Dance	Body Pump		Body Pump	
6:30p – 7:30p			Karate (6:30p – 8:30p)		
6:45p – 7:30p		Yoga Flow		Yoga Flow	
7:30p – 8:30p					

All classes are FREE to Students

LETU employees and guests may purchase a class punch card at the Solheim Center's front desk

1 class \$3 20 classes \$50
 10 classes \$30 30 classes \$70

LETU FIT

