

BearFIT

SPRING 2021 VIRTUAL CLASSES

All classes stream live on the WashU Rec YouTube channel and are later available on-demand.

MONDAYS

Cardio Barre	Meghann	4:00 p.m.
Power Flow Yoga	Hele	5:00 p.m.
Zumba	Jenna	6:00 p.m.

TUESDAYS

BearFit HIIT	Johnny	12:15 p.m.
Energy Sculpt	Meghann	5:30 p.m.
Vinyasa Yoga	Monica	7:00 p.m.

WEDNESDAYS

Barre Fusion	Tanya	12:15 p.m.
Body Sculpt	Lily	4:30 p.m.
BearFit Box & Burn	Desi	5:30 p.m.

THURSDAYS

BearFit HIIT	Jayne	12:15 p.m.
BearFlex	Meghann	5:30 p.m.
Mobility & Movement	Paul	7:00 p.m.

FRIDAYS

BearFit Strength	Issie	4:00 p.m.
Zumba	Jessica	5:00 p.m.
Barre Fusion	Moira	6:00 p.m.

SATURDAYS

BearFit Mix	Meghann	10:00 am.
Energy Flow	Noor	12:00 p.m.

SUNDAYS

BearFit Strength	Issie	10:00 a.m.
Energy Flow	Hele	5:00 p.m.