BearFIT
ONLINE CLASSES

DAY	CLASS	INSTRUCTOR	TIME	FORMAT
Mondays	Vinyasa Flow	Emma	6:30 a.m.	Release
Tuesdays	Energy Sculpt	Meghann	5:30 p.m.	Live
Wednesdays	Barre Fusion	Tanya	11:30 a.m.	Release
Wednesdays	Urban Kick	Desi	5:30 p.m.	Release
Thursdays	BearFlex	Meghann	5:30 p.m.	Live
Fridays	Hatha Yoga	Emma	6:30 a.m.	Release
Fridays	Zumba	Jessica	12:00 p.m.	Release
Saturdays	BearFit Mix	Meghann	10:00 a.m.	Live
Sundays	Deep Stretch	Arica	10:00 a.m.	Release

Release *classes will be uploaded on WashU's social media channels at the time listed.* ***Live*** *classes will broadcast on* ***Instagram @WashURec*** *and on* ***WashU's YouTube*** *page. They will be available on-demand afterwards. Schedule runs April 6-17.*

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