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

*Release* classes will be uploaded on WashU’s social media channels at the time listed. *Live* classes will broadcast on Instagram [@WashURec](https://www.instagram.com/WashURec) and on WashU’s YouTube page. They will be available on-demand afterwards. Schedule runs April 6-17.