

# BearFIT

## Virtual Class Schedule for Jan. 3-24

Most classes stream live on the WashU Rec YouTube channel.

\*Select classes will not stream live but will premiere on YouTube at the listed time.

### MONDAYS

Cardio Barre	Meghann	4:00 p.m.
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*Energy Flow	Hele	5:00 p.m.
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### TUESDAYS

Winter Break Circuits	Meghann	5:30 p.m.
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Vinyasa Yoga	Monica	7:00 p.m.
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### WEDNESDAYS

Barre Fusion	Tanya	12:15 p.m.
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BearFit HIIT	Johnny	4:00 p.m.
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Urban Kick	Desi	5:30 p.m.
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### THURSDAYS

Bearfit HIIT	Jayne	12:15 p.m.
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BearFlex	Meghann	5:30 p.m.
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Vinyasa Yoga	Emma	7:00 p.m.
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### FRIDAYS

*Body Sculpt	Hele	5:00 p.m.
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Barre Fusion	Moira	6:00 p.m.
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### SATURDAYS

BearFix Mix	Meghann	10:00 a.m.
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