

INTRAMURAL FITNESS CLASS SCHEDULE AS OF 1/8/24

MONDAY

4:00pm Strength Yoga with Kayla

5:00pm Mat Pilates with Luci

TUESDAY

4:00pm Strength Yoga with Kayla

5:00pm Zumba (Dance Fit) with Allie

6:00pm Yoga Flow with Josh

Wednesday

4:00pm Zumba (Dance Fit) with Allie

THURSDAY

5:00pm Zumba (Dance Fit) with Allie

6:00pm Yoga Flow with Josh

Schedule will be updated as more classes become available. Classes in IWC 127

FACEBOOK: WSU FITNESS