

VIRTUAL FIT

GEORGETOWN LAW

MONDAY

12:00pm
HIIT (45 min)
w/Kylene

5:30PM
Total Body
Conditioning (45 min)
w/Melissa

TUESDAY

12:00pm
Yoga (45 min)
w/Wendy

6:30pm
Core.Cardio.Balance
(60min)
w/Taryn

WEDNESDAY

12:00pm
BURN (45 min)
w/Wendy

5:30pm
Power Vinyasa Yoga
(60min)
w/Vanisha

THURSDAY

5:45pm
Bar(re) Prep (60 min)
w/Lauren

FRIDAY

12:00pm
Yoga (45 min)
w/Wendy

SATURDAY

2:30pm
Bar(re) Prep (60 min)
w/Lauren

SUNDAY

10:00am
Yoga (60 min)
w/Vanisha

NOTES

Summer Schedule effective
May 18th

To access class, click on the class name.

For more information contact:
Wendy Christensen
wc701@georgetown.edu

Check us out at:
<https://www.law.georgetown.edu/fitness/schedule>

Follow us at:
www.facebook.com/GtownLawFitness/

Accommodation requests related to a disability should be made at least 24 hours prior to classes to Wendy Christensen, Associate Director of Fitness & Recreation