

VIRTUAL FIT

GEORGETOWN LAW

MONDAY

12:00pm
High Intensity Interval Training (HIIT) (45 min)
w/Kylene

TUESDAY

8:00am
Rise N' Shine (30 min)
w/Taryn

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
Total Body Conditioning (45 min)
w/Melissa

THURSDAY

8:00am
Rise N' Shine (30 min)
w/Taryn

4:00pm
Bar(re) Prep (60 min)
w/Lauren

FRIDAY

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

SATURDAY

SUNDAY

3:00pm
Bar(re) Prep (60 min)
w/Lauren

NOTES

Schedule effective:
Jan 11 - May 21

To access class, click on the class name.

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

Accommodation requests related to a disability should be made at least 24 hours prior to classes to Wendy Christensen, Associate Director of Fitness & Recreation
wc701@georgetown.edu