

SCOTT K. GINSBURG

Sport & Fitness Center



GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
	YOGA 8:00am (45 min) Kinley (S1)		YOGA 8:00am (45 min) Kinley (S1)		
TOTAL BODY CONDITIONING 12:00pm (45 min) Renzo (S1)	BARRE 12:00pm (45 min) Jeremy (S1)	TOTAL BODY CONDITIONING 12:00pm (45 min) Wendy (S1)		BODYPUMP 12:00pm (45 min) Jeremy (S3)	
		ADV. POP PILATES 4:00pm (45 min) Maya (S3)			
BODYPUMP 6:00pm (60 min) Jeremy (S3)	POP PILATES 6:00pm (55 min) Maya (S3)	BODYPUMP 6:00pm (60 min) Jennifer (S3)	POP PILATES 6:00pm (55 min) Maya (S3)		ZUMBA 5:30pm (45 min) Simone (S1)
	YOGA 6:30pm (60 min) Kinley (S1)		YOGA 6:30pm (60 min) Elizabeth (S1)		SUNDAY SPIN 6:30PM (45 MIN) ROULA (S1)
	ZUMBA 7:00pm (45 min) Simone (S3)	ZUMBA 7:00pm (45 min) Simone (S1)			

(S1) = Studio 1
(S3) = Studio 3

*Classes are subject to change without notice based on attendance, the needs of membership and instructor availability.

Check us out on Instagram! @gtownlawfitness

For more information, contact Wendy Christensen (wc701@georgetown.edu) or visit
www.law.georgetown.edu/fitness

Accommodation requests related to a disability should be made at least 24 hours prior to classes to Wendy Christensen (wc701@georgetown.edu).