



GROUP FITNESS SCHEDULE

Spring 2026

Jan 12 - Apr 22, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	YOGA 8:00am (45 min) Kinley (S1)		YOGA 8:00am (45 min) Kinley (S1)	
TOTAL BODY CONDITIONING 12:00PM (45 min) Jeremiah (S1)	CYCLE + ABS 12:00PM (45 MIN) JEREMIAH (S1)	TOTAL BODY CONDITIONING 12:00PM (45 min) Wendy (S1)	TAI CHI 12:00PM (45 MIN) SAGE (S1)	TOTAL BODY CONDITIONING 12:00PM (45 min) Jeremiah (S1)
		POP PILATES SCULPT 4:00pm (45 min) Maya (S3)		
YOGA 6:00PM (60 MIN) HALEY (S3)	POP PILATES 6:00PM (55 min) Maya (S3)	BODYPUMP 6:00PM (60 min) Jennifer (S3)	POP PILATES 6:00PM (55 min) Maya (S3)	
	CYCLE 6:30PM (45 MIN) ROULA (S1)	YOGA 6:30PM (60 min) Elizabeth (S1)	SHINE DANCE FITNESS 6:30pm (55 min) Ivy (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](https://www.instagram.com/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).