### UR Fit Drop In Schedule

#### Sunday
- **Women Working Out**
  - 10:00am-11:30am
  - FLC/APHI
  - CRN: 9915

#### Monday
- **Shallow Water Workout**
  - 10:30am-11:25am
  - Shallow Tank
  - CRN: 9947
- **Yin Yoga**
  - 12:05pm-12:55pm
  - Dance Studio
  - CRN: 9931
- **Beginner Yoga**
  - 4:35pm-5:25pm
  - Dance Studio
  - CRN: 9920

#### Tuesday
- **Cycle & Core**
  - 6:10am-7:00am
  - Dance Studio
  - CRN: 9925
- **Aquasize**
  - 10:30am-11:25am
  - Shallow Tank
  - CRN: 9945
- **Gentle Hatha Yoga**
  - 12:05pm-12:55pm
  - Dance Studio
  - CRN: 9932
- **Ashtanga Yoga**
  - 4:35pm-5:25pm
  - Dance Studio
  - CRN: 9927
- **Tai Chi**
  - 6:45pm-7:35pm
  - Dance Studio
  - CRN: 9938
- **Strength & Cardio**
  - 7:10am-7:40am
  - Dance Studio
  - CRN: 9945

#### Wednesday
- **Restorative Yoga**
  - 12:05pm-12:55pm
  - Dance Studio
  - CRN: 9935
- **Beginner Yoga**
  - 4:35pm-5:25pm
  - Dance Studio
  - CRN: 9937

#### Thursday
- **Zumba**
  - 12:05pm - 12:55pm
  - Gym 3
  - CRN: 9932
- **Yin Yoga**
  - 5:35pm-6:25pm
  - Dance Studio
  - CRN: 9934

#### Friday
- **Shallow Water Workout**
  - 10:30am-11:25am
  - Shallow Tank
  - CRN: 9949
- **Deep Water Workout**
  - 10:30am-11:25am
  - Deep Tank
  - CRN: 9948
- **POUND!**
  - 12:05pm-12:55pm
  - Dance Studio
  - CRN: 9943