## Spring 2016 FitPass Schedule

### Monday
- **7am-8am**  
  Sunrise Spin  
  **NINA, L138**
- **10am-11am**  
  Power Lifting Fundamentals  
  **SHANNON, 106**
- **12pm-1pm**  
  Fitness Fundamentals  
  **CHRIS, L131/132**
- **1pm-2pm**  
  Zumba  
  **OLGA, L131/132**
- **5pm-6pm**  
  Cardio Kickboxing  
  **RACHAEL, 220**
- **6pm-7pm**  
  MMA Boot Camp  
  **CONNOR, L137**
- **7pm-8pm**  
  HIIT Weight Training  
  **JACK, TTC**

### Tuesday
- **7am-8am**  
  Insanity Calorie Burn  
  **ANDREA, L131/132**
- **11am-12pm**  
  Basic Conditioning  
  **KIM, L131/132**
- **12pm-1pm**  
  Basic Weight Training  
  **BECCA, 106**
- **3pm-4pm**  
  Advanced Conditioning  
  **HAYDEN, L131/132**
- **5pm-6pm**  
  Fat Burn  
  **SUSAN, L131/132**
- **5pm-6pm**  
  Sunset Spin  
  **ERICA, L138**

### Wednesday
- **7am-8am**  
  Sunrise Spin  
  **NICOLE, L138**
- **10am-11am**  
  Power Lifting Fundamentals  
  **SHANNON, 106**
- **12pm-1pm**  
  Fitness Fundamentals  
  **CHRIS, L131/132**
- **1pm-2pm**  
  Zumba  
  **CARA, L131/132**
- **5pm-6pm**  
  Cardio Kickboxing  
  **RACHAEL, L131/132**
- **6pm-7pm**  
  Sunset Spin  
  **SHAWN, L138**
- **7pm-8pm**  
  HIIT Weight Training  
  **CONNOR, TTC**

### Thursday
- **7am-8am**  
  Insanity Calorie Burn  
  **ANDREA, L131/132**
- **11am-12pm**  
  Basic Conditioning  
  **KIM, L131/132**
- **12pm-1pm**  
  Basic Weight Training  
  **BECCA, 106**
- **1pm-2pm**  
  Zumba  
  **OLGA, L131/132**
- **5pm-6pm**  
  Sunset Spin  
  **ERICA, L138**
- **5pm-6pm**  
  Insanity Calorie Burn  
  **SUSAN, L131/132**
- **6pm-7pm**  
  MMA Boot Camp  
  **CONNOR, L137**
- **7pm-8pm**  
  HIIT Weight Training  
  **CONNOR, TTC**

### Friday
- **5pm-6pm**  
  Hip Hop Cardio  
  **LAUREN, L131/132**
- **11am-12pm**  
  Boot Camp  
  **GIANNA, L137**

### Saturday
- **7am-8am**  
  Sunrise Spin  
  **NICOLE, L138**
- **10am-11am**  
  Power Lifting Fundamentals  
  **SHANNON, 106**
- **12pm-1pm**  
  Fitness Fundamentals  
  **CHRIS, L131/132**
- **1pm-2pm**  
  Zumba  
  **CARA, L131/132**
- **5pm-6pm**  
  Beach Body Workout  
  **SUSAN, L131/132**
- **5pm-6pm**  
  Sunset Spin  
  **SUSAN, L131/132**
- **5pm-6pm**  
  Insanity Calorie Burn  
  **TAYLOR, L131/132**

### Sunday
- **7am-8am**  
  Insanity Calorie Burn  
  **ANDREA, L131/132**
- **11am-12pm**  
  Basic Conditioning  
  **KIM, L131/132**
- **12pm-1pm**  
  Basic Weight Training  
  **BECCA, 106**
- **3pm-4pm**  
  Advanced Conditioning  
  **HAYDEN, L131/132**
- **5pm-6pm**  
  Beach Body Workout  
  **SUSAN, L131/132**
- **5pm-6pm**  
  Sunset Spin  
  **SUSAN, L131/132**
- **7am-8am**  
  Sunrise Spin  
  **ANDREA, L131/132**
- **11am-12pm**  
  Basic Conditioning  
  **KIM, L131/132**
- **12pm-1pm**  
  Basic Weight Training  
  **BECCA, 106**
- **3pm-4pm**  
  Advanced Conditioning  
  **HAYDEN, L131/132**
- **5pm-6pm**  
  Beach Body Workout  
  **SUSAN, L131/132**
- **5pm-6pm**  
  Sunset Spin  
  **SUSAN, L131/132**
- **7am-8am**  
  Insanity Calorie Burn  
  **TAYLOR, L131/132**

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**Become a Group Exercise Instructor!**  
Email groupex@bu.edu for information on how to get certified.

**Become a Personal Trainer!**  
Email fitness@bu.edu for information on how to get certified.