# Fall 2017 FITPASS

(SEPTEMBER 11 - DECEMBER 3)

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<thead>
<tr>
<th>MON</th>
<th>TUE</th>
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<th>FRI</th>
<th>SAT</th>
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<td>7:45 - 8:30AM</td>
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<td>6:30 - 7:30AM</td>
<td>4 - 5PM</td>
<td>10 - 11AM</td>
<td>9 - 10AM</td>
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<tr>
<td>VINYASA (FLOW) YOGA L137</td>
<td>SUNRISE SPIN L138</td>
<td>YOGA FOR ATHLETES L137</td>
<td>SUNRISE SPIN L138</td>
<td>FRIDAY NIGHT FITNESS L131/132</td>
<td>SUNDAY SPIN L138</td>
<td>SUNDAY SPIN L138</td>
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<td>12 - 1PM</td>
<td>8 - 8:30AM</td>
<td>5:30 - 6:30PM</td>
<td>8 - 8:30AM</td>
<td>10 - 11AM</td>
<td>5 - 6PM</td>
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<tr>
<td>PILATES L133</td>
<td>QUICK FIT NO-SWEAT WORKOUT L131/132</td>
<td>YOGA BARRE L126/128</td>
<td>QUICK FIT NO-SWEAT WORKOUT L131/132</td>
<td>TRX/KETTLEBELL FUSION 106 Fitness Center</td>
<td>YOGA BASICS 220</td>
<td>ZUMBA L132</td>
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<td>BARRE L131/132</td>
<td>OBSTACLE COURSE TRAINING L131/132</td>
<td>HIIT TRAINING L137</td>
<td>ZUMBA 220</td>
<td>SUNSET SPIN L138</td>
<td>ATHLETIC CONDITIONING L131</td>
<td>SIX-PACK ABS L131/132</td>
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**BU.EDU/FITREC/FITPASS**

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groupex@bu.edu | 617-358-3760

**SEPTEMBER 11 – DECEMBER 3**

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