

Group Fitness Room Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
12:00				EXPRESS YOGA			
12:30				12:15	CIRCUIT CLASS		
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30	YOGA CLASS	BARRE CLASS	YOGA CLASS				
6:00							
6:30			ZUMBA CLASS	CIRCUIT CLASS			
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							

Revised 7-31-17

**If you are interested in using the room on a regular basis, please see the Athletic Director for reservations:
 617-432-1942 or athletic_vanderbilt_hall@hms.harvard.edu
<http://hms.harvard.edu/content/vanderbilt-hall-athletic-facility>