



CITY TECH



GROUP FITNESS SCHEDULE SPRING 2020

January 27 – May 14

Monday	Tuesday	Wednesday	Thursday	Friday
CIRCUIT TRAINING Phase 1 11:00 – 1:00	CROSS FIT TRAINING Phase 2 11:00 -1:00	ABS FOR WOMEN 11:00 – 12:00	CIRCUIT TRAINING Phase 1 11:00 – 1:00	MARTIAL ARTS Phase 1 11:00 – 12:00
CROSS FIT TRAINING Phase 1 1:00 – 2:00	CIRCUIT TRAINING Phase 1 1:00 – 2:00	ABS FOR WOMEN 12:00 – 1:00	RUN-WALK THE BROOKLYN BRIDGE 1:00 – 2:00	MARTIAL ARTS Phase 2 12:00 – 1:00
CROSS FIT TRAINING Phase 2 2:00 – 3:00	CIRCUIT TRAINING Phase 1 2:00 – 3:00		CROSS FIT TRAINING Phase 1 2:00 – 3:00	ZUMBA 1:30 – 2:30
BODY SCULPTING WOMEN 4:30 – 5:30		CIRCUIT TRAINING Phase 1 2:00 – 4:00		
	ZUMBA 4:30 – 5:30	CROSS FIT TRAINING Phase 2 4:00 – 6:00	BODY SCULPTING WOMEN 4:30 – 5:30	

STAY FIT

NEW YORK CITY COLLEGE OF TECHNOLOGY
STUDENT AFFAIRS
 ENGAGE CONNECT BELONG

IF YOU HAVE QUESTIONS PLEASE STOP BY RECREATION & INTRAMURAL OFFICE LG 32