Virtual Fitness Schedule

A comprehensive schedule of virtual classes presented by our talented friends and partners at these great universities:

Cleveland State University (CSU)
DePaul University (DPU)
Harper College (HC)
Jacksonville State University (JSU)
Marshall University (MU)
Moraine Valley Community College (MVCC)
Mylan Park (MP)
University of Alabama at Birmingham (UAB)
University of Missouri - St. Louis (UMSL)
University of New Haven (UNH)

To virtually participate in a class, click the class name and enter the code if necessary or visit Instagram. Note: you do not have to attend the university that the instructor is affiliated with to participate in the class. Check back weekly as class schedule is subject to change.

September 7-13

Click a Category to See a Specific Type of Class!

**Monday**
- **8 am / 7:30** July - CSU
- **9:30 am / 8:30** Carin - UAB

**Tuesday**
- **7 am / 6:30** Atriccia - CSU
- **9 am / 8** Train - DPU

**Wednesday**
- **7 am / 6:30** Miranda - CSU
- **6:30 am / 5:30** July - CSU

**Thursday**
- **7 am / 6:30** Miranda - CSU
- **6:30 am / 5:30** July - CSU

**Friday**
- **6:30 am / 5:30** Miranda - CSU

**Saturday**
- **9 am / 8** Train - DPU

**Sunday**
- **10 am / 9** July - CSU
- **9 am / 8** Train - DPU

A comprehensive schedule of virtual classes presented by our talented friends and partners at these great universities:

Cleveland State University (CSU)
DePaul University (DPU)
Harper College (HC)
Jacksonville State University (JSU)
Marshall University (MU)
Moraine Valley Community College (MVCC)
Mylan Park (MP)
University of Alabama at Birmingham (UAB)
University of Missouri - St. Louis (UMSL)
University of New Haven (UNH)