

November 23

Eastern Connecticut State University
Intramurals & Recreation Fitness Class Calendar

Check out what Intramurals and Rec has to offer this month!

To sign up and for more information on intramural sports visit www.imleagues.com

All fitness classes are free to Eastern students, faculty & staff. Participants must bring a valid Eastern ID to all programs.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Open Gym 8-11p Stretch & Strength 1p Dance Studio Flag Football 8-11p Volleyball 8-11pm	Open Gym 8-11p Yoga 12-1pm Volleyball 8-11pm HIIT 5:30-6:30 Dance Studio	Open Gym 8-11p Stretch & Strength 10a Dance Studio	
5	6	7	8	9	10	11
Open Gym 5-8p	Open Gym 8-11p Flag Football 8-11p Volleyball 8-11pm Zumba 1pm Dance Studio	Open Gym 8-11p Yoga 12-1pm Flag Football 9:30-11 Cardio Kickbox 5:30	Open Gym 8-11p Stretch & Strength 1p Dance Studio Flag Football 8-11pm Volleyball 9-11pm	Open Gym 8-11p Yoga 12-1pm HIIT 5:30-6:30 Dance Studio	Open Gym 8-11p Stretch & Strength 10a Dance Studio	
12	13	14	15	16	17	18
Open Gym 5-8p	Open Gym 8-11p Flag Football 8-11p Turf Volleyball 8-11pm Zumba 1pm Dance Studio	Open Gym 8-11p Yoga 12-1pm Volleyball 8-11pm Cardio Kickboxing 5:30-6:30 Dance Studio	Open Gym 8-11p Stretch & Strength 1p Dance Studio Flag Football 8-11p Turf	Open Gym 8-11p Yoga 12-1pm Volleyball 8-11pm HIIT 5:30-6:30 Dance Studio	Open Gym 8-11p Stretch & Strength 10a Dance Studio	
19	20	21	22	23	24	25
Open Gym 5-8p	Open Gym 8-11p Volleyball 8-11pm	Open Gym 8-11p Yoga 12-1pm Volleyball 8-11pm Cardio Kickboxing 5:30-6:30 Dance Studio	Open Gym 8-11p Stretch & Strength 1p Dance Studio Volleyball 8-11pm	Thanksgiving Break No activities	Thanksgiving Break No activities	
26	27	28	29	30	1	
Thanksgiving Break, no activities	Open Gym 8-11p	Open Gym 8-11p Yoga 12-1pm Volleyball 8-11pm Cardio Kickboxing 5:30-6:30 Dance Studio	Open Gym 8-11p Stretch & Strength 1p Dance Studio Volleyball 8-11pm	Open Gym 8-11p Yoga 12-1pm Volleyball 9-11pm HIIT 5:30-6:30	Open Gym 8-11p	