

SEC Swimming and Diving Championships 2025 Relocations

Fitness Classes – Group Fitness & Small Group Training

Aquatic Classes

- **Monday 2/17 – Friday 2/21 – All classes cancelled.**
 - Tuesday & Thursday
 - 6:15-7:15am Group Fitness Deep Water (Diving Well)
 - 12:15-1pm Group Fitness Deep Water (Diving Well)
 - Wednesday
 - 11-11:45am Group Fitness AquaFit (Rec Pool)
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Studio F Relocations Friday 2/14 – Sunday 2/23

- **Friday 2/14**
 - 7-7:45am Valentines Day Sunrise Yoga (inclement weather location) Studio D
 - 12:15-1pm GF Yoga Studio D
 - 4:15-5:15pm GF Yoga & Meditation Studio A
- **Saturday 2/15**
 - 10-11am GF Yoga Studio A
- **Sunday 2/16**
 - 4-5pm GF Yoga Studio A
 - 5:30-7:30pm SGT Defensive Arts & Well-being #2 Boxing Studio
- **Monday 2/17**
 - 12:30-1:10pm GF CORE™ Studio C
 - 3:45-4:45pm SGT Mixed Martial Arts Studio C
 - 5:15-6:15pm GF Yoga Studio B
- **Tuesday 2/18**
 - 6:30-7:30am GF Yoga Studio A
 - 3-4pm GF Power Yoga Studio A
 - 4:15-5:15pm GF Yoga & Meditation Studio A
 - 6:30-7:15pm GF BODYBALANCE™ Studio D
- **Wednesday 2/19**
 - *12:30-1pm GF Yogalates Studio D
 - ***PE ends at 12:20pm.**
 - 3:45-4:45pm SGT Mixed Martial Arts Studio C
 - 5:15-6:15pm GF Yoga Studio A
- **Thursday 2/20**
 - 6:30-7:30am GF Yoga Studio A
 - 12:15-1pm GF Yoga Studio A
 - 5:15-6:15pm GF Yoga & Meditation Studio A
 - 6:30-7:15pm GF BODYBALANCE™ Studio D
- **Friday 2/21**
 - 12:15-1:15pm GF Yoga Studio D
 - 4:15-5:15pm GF Yoga & Meditation Studio A
- **Saturday 2/22**
 - 10-11am GF Yoga Studio A
- **Sunday 2/23**
 - 4-5pm GF Yoga Studio A
 - 5:30-7:30pm SGT Defensive Arts & Well-being #2 Boxing Studio