



Randall Lewis Center for
Well-Being and Research
University of La Verne

FITNESS CLASS SCHEDULE

Monday

4-5 PM Yoga

Tuesday

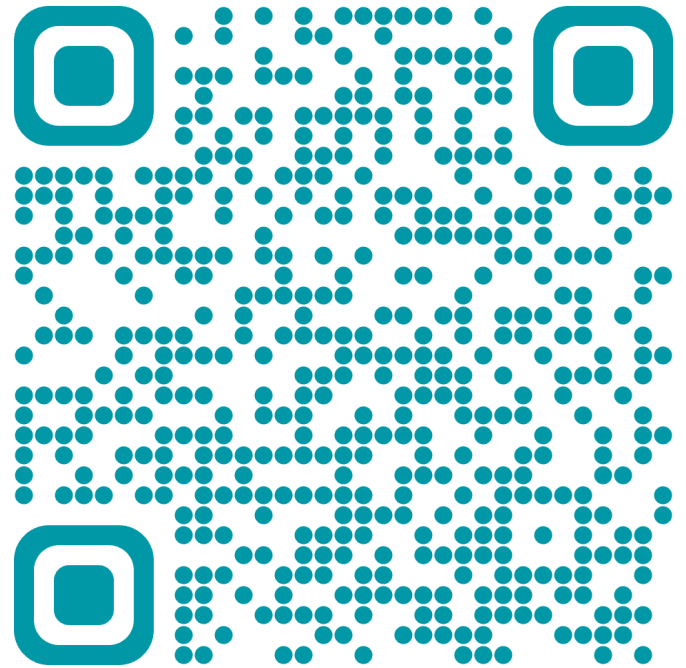
12-1PM Yoga

Wednesday

12-1PM Circuit
Training

Thursday

12-1PM Yoga



**Reserve your spot via QR code or
we do allow drop-in's if space is available.**

**CLASSES ARE FREE FOR ALL CURRENT
STUDENTS, FACULTY & STAFF!**