

April 24

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	5	6
	Open Gym 8-11p Stretch & Strength 1p Volleyball 8-11pm	Open Gym 8-11p Open Pickleball 8-10p Functional Fitness 7pm Dance Studio	Open Gym 8-11p Yoga 1:00p Dance Studio Volleyball 8-11pm	Cornhole Tournament 3-7pm in the Gym Open Gym 8-11p Kickboxing 7pm Volleyball 8-11pm	Open Gym 8-11p Stretch & Strength 10a Dance Studio	
7	8	9	10	11	12	13
	Open Gym 8-11p Stretch & Strength 1p Wiffleball 8-11pm Turf Volleyball 8-11pm	Open Gym 8-11p Open Pickleball 8-10p Functional Fitness 7pm Dance Studio	Open Gym 8-11p Yoga 1:00p Dance Studio Wiffleball 8-11pm Volleyball 8-11pm	Open Gym 8-11p Kickboxing 7pm Volleyball 8-11pm	Open Gym 8-11p Stretch & Strength 10a Dance Studio	
14	15	16	17	18	19	20
	Open Gym 8-11p Stretch & Strength 1p Wiffleball 8-11pm Turf Volleyball 8-11pm	Open Gym 8-11p Open Pickleball 8-10p Functional Fitness 7pm Dance Studio	Open Gym 8-11p Yoga 1:00p Dance Studio Wiffleball 8-11pm Turf Volleyball 8-11pm	Open Gym 8-11p Kickboxing 7pm Volleyball 8-11pm	Open Gym 8-11p Stretch & Strength 10a Dance Studio	
21	22	23	24	25	26	27
	Open Gym 8-11p Stretch & Strength 1p Wiffleball 8-11pm Turf	Open Gym 8-11p Open Pickleball 8-10p Functional Fitness 7pm Dance Studio	Open Gym 8-11p Yoga 1:00p Dance Studio Wiffleball 8-11pm Turf	Open Gym 8-11p Kickboxing 7pm Wiffleball 9-11pm Turf	Open Gym 8-11pm Stretch & Strength 10a Dance Studio	
28	29	30	1	2	3	
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