It's back!

COUGAR COUNTDOWN

cougarcountdown.cofc.edu

@cofccountdown  Facebook  Twitter  @cofccougarcountdown  Instagram

DECEMBER 2020

5:00 - 5:45 PM  HIIT
Join the virtual class or access the recorded class

3:00 - 4:00 PM  HOLIDAY MAKE AND BAKE "CAKE IN A MUG"
Reserve your space on Rivers Green, or get the ingredients & join virtually from home!

5 - 6 PM  BUTTS & GUTS
Join the virtual class or access the recorded class

6:00 - 7:00 PM  YOGA
Join the virtual class or access the recorded class

6:00 - 8:00 PM  FINALS FUN PARK
LIVE & IN-PERSON, SILCOX GYM
Golf Simulator, Batting Cage, Mini Golf, Disco Ping-Pong
Registration required

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Registration required

ACCESS ANYTIME  MEDITATION
Find zen here

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OPEN UNTIL 11 PM  LATE NIGHT LIBRARY HOURS

6:00 - 8:00 PM  FINALS FUN PARK
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TUTORING  Access the schedule here

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10th  TUTORING
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