



All classes are 55 minutes in length unless otherwise noted. Participants who register online must arrive 15 minutes early to secure their spot. Walk-ins are welcome, but admittance is not guaranteed due to space restrictions. Please bring a water bottle to all classes. <http://ucfrwc.tumblr.com/>

Class Location Key	RWC Group Exercise Studio	Knights Plaza Mind Body Studio (KP)	RWC Spinning Studio (s)
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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
7:00 AM	Cycle (s) Britani			Cycle (s) Anderson					
12:00 PM	Power Yoga (KP) Sara	Yoga (KP) Sara	Barre (KP) Ashley		Zumba RJ	Yoga (KP) Britani			
12:30 PM	Cycle (s) Michaela	Cycle (s) Michaela	Cycle (s) Michaela	Cycle (s) Britani	Cycle (s) Yan	Cycle (s) Anderson			
4:15 PM	Guided Meditation (30 Min) WHPS								
5:00 PM	Step & Tone Gina	Kickboxing Holly	Yoga Britani	Step & Tone Gina					
6:30 PM	Lower Body Blast (30 Min) Alexys	Yoga (KP) Anna	Lower Body Blast (30 Min) Swaran	Barre (KP) Ashley	SWEAT Cali	Power Yoga (KP) Sara	Lower Body Blast (30 Min) Cali	Yoga (KP) Sara	Power Yoga (KP) Anna
6:45 PM	Cycle (s) Swaran	Cycle (s) Anderson	Cycle (s) Alexys	Cycle (s) Yan			Cycle (s) Swaran		
7:00 PM	Upper Body Blast (30 Min) Alexys	Upper Body Blast (30 Min) Swaran		Upper Body Blast (30 Min) Cali					
7:30 PM	Total Core (30 Min) Alexys	Total Core (30 Min) Swaran		Total Core (30 Min) Cali					
8:15 PM	Kickboxing Yan	Barre (KP) Ashley	Zumba Yan	Yoga (KP) Anna	Kickboxing Holly	Zumba RJ	Pilates (KP) Mary		