

UCF RECREATION AND WELLNESS CENTER GROUP EXERCISE

SPRING 2020

Effective Date: 1/6/20

Monday	Tuesday	Wednesday	Thursday	Friday
F45 (45 min) 6:30am Michelle & David	F45 (45 min) 6:30am Jazmin & David	F45 (45 min) 6:30am Kim & Tara	F45 (45 min) 6:30am Jazmin & Michele	F45 (45 min) 6:30am Michele & David
Yoga 7:00am Alina	Cycle 7:30am Madeline	Yoga 7:00am Alina	Cycle 7:30am Madeline	Yoga 7:00am Alina
Cycle 7:30am Julia	Stadium Run (30 min) 8:00am Kirsten & Julia	Cycle 7:30am Julia	Stadium Run (30 min) 8:00am Kirsten & Julia	TRX (45 min) 11:00am Aliyah
F45 (45 min) 12:00pm Macy & Zach	F45 (45 min) 12:00pm Matt & Lexie	F45 (45 min) 12:00pm Claire & Zach	F45 (45 min) 12:00pm Matt & Zach	F45 (45 min) 12:00pm Matt & Terrell
Zumba 12:00pm Taylor	Yoga 12:00pm Alina	F45 Bootcamp 12:00pm Lexie	Zumba 12:00pm Lexie	Step and Tone 12:00pm Kristen
Cycle 12:30pm Julia	Pilates 12:00pm Kim	Cycle 12:30pm Julia	Yoga Nidra Meditation (30 min) 12:00pm Nicole	Cycle 12:30pm Julia
Napercise (45 min) 1:00pm WHPS Staff	Yoga Nidra Meditation (30 min) 3:00pm Pam	Napercise (45 min) 1:00pm WHPS Staff	Yoga 3:00pm Gabi	Yoga 2:30pm Staphany
Yoga 2:30pm Bailey	Yoga 4:30pm Seher	Barre 2:30pm Michele	Lower Body Blast (30 min) 3:00pm Monica	Power Yoga 6:30pm Bailey
Trampoline (45 min) 4:00pm Kristen	Lower Body Blast (30 min) 4:30pm Aliyah	Trampoline (45 min) 4:00pm Lexie	Upper Body Blast (30 min) 3:30pm Monica	
Yoga 4:00pm Staphany	Upper Body Blast (30 min) 5:00pm Aliyah	TRX (45 min) 4:00pm Michael	Total Core (30 min) 4:00pm Monica	Saturday
Barre 5:30pm Nicole	Total Core (30 min) 5:30pm Aliyah	Yoga 5:30pm Staphany	Power Yoga 4:30pm Staphany	F45 (45 min) 12:00pm Andrew & Macy
F45 (45 min) 6:00pm Monica & Tara	F45 (45 min) 6:00pm Claire & Macy	F45 (45 min) 6:00pm Andrew & Kristen	Zumba 5:00pm Taylor	Yoga 12:00pm Kirsten
Lower Body Blast (30 min) 6:00pm Kim	Power Yoga 6:00pm Gabriella	Lower Body Blast (30 min) 6:00pm Lexie	F45 (45 min) 6:00pm Jazmin & Aliyah	F45 (45 min) 1:30pm Andrew & Macy
Upper Body Blast (30 min) 6:30pm Kim	Cycle 6:45pm Victoria	Upper Body Blast (30 min) 6:30pm Lexie	Power Yoga 6:00pm Clara	
Cycle 6:45pm Kristen	F45 (45 min) 7:00pm Claire & Macy	Cycle 6:45pm Michele	Cycle 6:45pm Victoria	Sunday
Power Yoga 7:00pm Seher	Yoga 7:30pm Katie	Pilates 7:00pm Jazmin	F45 (45 min) 7:00pm Jazmin & Aliyah	F45 (45 min) 12:00pm Jazmin & Zach
Total Core (30 min) 7:00pm Kim	Cycle 8:15pm Nicole	Total Core (30 min) 7:00pm Lexie	Yoga 7:30pm Bailey	Yoga 12:00pm Gabi/Clara
F45 (45 min) 7:00pm Monica & Tara	Yoga 9:00pm Clara	F45 (45 min) 7:00pm Andrew & Kristen	Cycle 8:15pm Julia	Pop Pilates (45 min) 5:00pm Michele
Hip Hop Cardio 7:45pm Lexie		Hip Hop Cardio 7:45pm Nicole	Yoga 9:00pm Kirsten	Power Yoga (75 min) 6:00pm Gabriella/Seher
Cycle 8:15pm Michele		Cycle 8:15pm Kristen		Cycle 6:45pm Madeline/Victoria
Power Yoga 8:30pm Katie		Power Yoga 8:30pm Gabi		Zumba 7:00pm Sarah
Zumba 9:00pm Aley		Zumba 9:00pm Sarah		

Class Locations

RWC Multipurpose Room

RWC @ Knights Plaza

Group Exercise Studio

RWC Cycling Studio

Spectrum Stadium