

UCF RWC @ Downtown

GROUP EXERCISE

SPRING 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Restorative Yoga 12:00pm; Sarah A.	Yoga 12:30pm; Sara M.	Lower/Upper Blast (45-min) 6:15pm; Perez	Yoga 12:30pm; Sara M.	HIIT (30-min) 3:45pm; Melyssa
Yoga 1:00pm; Sarah A.	Step'N'Tone (30-min) 4:30 pm; Melyssa	Core Blast (15-min) 7:00pm; Perez	Express Pop Pilates (30-min) 5:45pm; Michelle	Express Total Body Blast (30-min) 4:15pm; Melyssa
Circuit Training (45-min) 6:15pm; Perez & Mary	PiYo Power (30-min) 5:00pm; Melyssa	Zumba 7:30pm; RJ	Barre (45-min) 6:15 pm; Michelle	
Express Total Body Blast (30-min) 7:15pm; Perez & Mary	PiYo Flow (30-min) 5:30pm; Melyssa	Yoga 8:30pm; Sara M.	Power Yoga 7:15 pm; Sarah A.	
Power Yoga 8:00pm; Clara	Yoga 7:15pm; Madi			