

RWC+ GROUP EXERCISE

AUGUST 2020

Effective 8/3/20 - 8/21/20

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga 12:00pm Kyra	YOGA 10:00am Gabi	F45 12:00pm Stacey & Michael	TOTAL BODY STRENGTH 10:00am Kim	F45 10:00am Kim & Macy
F45 4:30pm Macy & Kristen	HIIT 12:00pm Kyra	CORE 30 4:30pm Kristen	YOGA 12:00pm Gabi	BARRE 12:00pm Stacey
	PILATES 6:00pm Kim	STEP 30 5:00pm Kristen	HIIT 6:00pm Michael	

***CLASSES WILL RANGE FROM 30-45 MINUTES**



@ucfrwc Instagram Live



Zoom registration link