

FALL PART II

# GROUP EXERCISE SCHEDULE

EFFECTIVE: 10.5.20 - 11.22.20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30am <b>SUNRISE YOGA (55MIN)</b> Staphany	7:00am <b>GARAGE B BOOTCAMP</b> Kim	7:30am <b>SUNRISE YOGA (55MIN)</b> Kirsten	7:00am <b>GARAGE B BOOTCAMP</b> Michael	7:30am <b>SUNRISE YOGA (55 MIN)</b> Katie T.	10:00am <b>POWER YOGA (55 MIN)</b> Staphany
10:00am <b>TAI CHI</b> Mathew	9:00am <b>TOTAL BODY STRENGTH</b> Kristen	10:00am <b>BARRE</b> Maddie	8:00am <b>CORE 30</b> Mari	10:00am <b>TAI CHI</b> Mathew	11:00am <b>GARAGE B BOOTCAMP</b> Gabriel
12:00pm <b>F45</b> Macy & Michelle	12:00pm <b>BARRE</b> Stacey	12:00pm <b>F45</b> Kristen & Michael	9:00am <b>YOGA</b> Katie T.	12:00pm <b>CYCLE</b> Maddie	<b>SUNDAY</b> 10:00am <b>YOGA (55 MIN)</b> Madi
4:00pm <b>YOGA NIDRA</b> Gabi	4:00pm <b>YOGA</b> Gabi	4:00pm <b>PILATES</b> Kim	12:00pm <b>BARRE</b> Michelle	4:00pm <b>F45</b> Kim & Terrell	6:00pm <b>F45</b> Jazmin & Andrew
6:00pm <b>CYCLE</b> Maddie	5:00pm <b>CARDIO KICKBOXING</b> RJ	6:00pm <b>YOGA</b> Bailey	4:00pm <b>YOGA</b> Bailey	5:00pm <b>YOGA</b> Kirsten	7:00pm <b>YOGA</b> Staphany
7:00pm <b>F45</b> Jazmin & Kim	7:00pm <b>F45 BOOTCAMP</b> Gabriel & Andrew	6:30pm <b>YOGA DOWNTOWN</b> Madi	5:00pm <b>TOTAL BODY STRENGTH</b> Kristen	6:00pm <b>ZUMBA</b> Sarah	
8:00pm <b>ZUMBA</b> Sarah	8:00pm <b>EVENING MEDITATION</b> Kirsten	7:00pm <b>F45 BOOTCAMP</b> Andrew & Macy	7:00pm <b>F45 BOOTCAMP</b> Jazmin & Macy		
		8:00pm <b>ZUMBA</b> RJ	8:00pm <b>CARDIO KICKBOXING</b> RJ		

\*CLASSES RANGE FROM 45 - 55 MINUTES

Register for all classes at [rec.ucf.edu](http://rec.ucf.edu)

VIRTUAL CLASS

GARAGE B

LAKE CLAIRE

ARBORETUM

**DOWNTOWN**  
GRASSY AREA BETWEEN  
DPAC AND CMB