

SPRING PART I

GROUP EXERCISE SCHEDULE

EFFECTIVE: 1.11.21 - 2.28.21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am SUNRISE YOGA Gabriel	8:15am GARAGE B BOOTCAMP Michael	7:00am SUNRISE YOGA Damaris	8:15am STADIUM RUN Maddie & Michelle	7:00am SUNRISE YOGA Danielle	10:00am YOGA Hannah
10:00am PILATES Maddie	10:00am YOGA Hannah	10:00am YOGA Gabi	10:00am YOGA Danielle	10:00am TAI CHI Mathew	12:00pm GARAGE B BOOTCAMP Gabriel
12:00pm TOTAL BODY STRENGTH Kristen	12:00pm BARRE Michelle	12:00pm TAI CHI Mathew	12:00pm BARRE Stacey	12:00pm F45 Kristen & Terrell	SUNDAY 10:00am POWER YOGA Gabi
5:00pm YOGA Bailey	4:00pm POWER YOGA Kyra	5:00pm YOGA Damaris	4:00pm YOGA Damaris	5:00pm YOGA Katie	12:00pm F45 Kristen & RJ
7:00pm F45 BOOTCAMP Ashley & Andrew	6:00pm F45 BOOTCAMP Macy & Michelle	7:00pm F45 BOOTCAMP Gabriel & Andrew	6:00pm F45 BOOTCAMP Ashley & Terrell	6:00pm ZUMBA Sarah	5:00pm YOGA Bailey
8:00pm ZUMBA Sarah	7:30pm CARDIO KICKBOXING RJ	8:00pm BARRE RJ	7:30pm YOGA NIDRA MEDITATION Gabi		6:00pm YOGA NIDRA MEDITATION Katie
			7:30pm YOGA AT DOWNTOWN Drew		

*CLASSES RANGE FROM 30 - 55 MINUTES
Register for all classes at rec.ucf.edu

VIRTUAL CLASS
45 MIN

GARAGE B
45 MIN

RWC TERRACE
45 - 55 MIN

LAKE CLAIRE
55 MIN

UCF STADIUM
45 MIN

DOWNTOWN
GRASS AREA BETWEEN
DPAC AND CMB
55 MIN