

SPRING PART II

GROUP EXERCISE SCHEDULE

EFFECTIVE: 3.1.21 - 4.9.21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am SUNRISE YOGA Gabriel	8:15am GARAGE B BOOTCAMP Michael	8:15am 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	8:15am STADIUM RUN Maddie & Michelle	12:00pm GARAGE B BOOTCAMP Gabriel
12:00pm TOTAL BODY STRENGTH Kristen	11:00am CYCLE Kyra	12:00pm TAI CHI Mathew	12:00pm BARRE Kristen	10:00am TAI CHI Mathew	SUNDAY 10:00am POWER YOGA Gabi
5:00pm YOGA Bailey	12:00pm BARRE Michelle	5:00pm YOGA Damaris	4:00pm YOGA Damaris	4:00pm ZUMBA Sarah	12:00pm F45 LIVE Kristen & RJ
7:00pm F45 BOOTCAMP Macy & Michelle	4:00pm ZUMBA Sarah	7:00pm F45 BOOTCAMP Gabriel & Ashley	6:00pm F45 BOOTCAMP Ashley & Terrell	5:00pm YOGA Katie	5:00pm YOGA Bailey
8:00pm CYCLE Maddie	6:00pm F45 BOOTCAMP Macy & Terrell	8:00pm BARRE RJ	7:30pm YOGA NIDRA MEDITATION Gabi		6:00pm YOGA NIDRA MEDITATION Katie
	7:30pm CARDIO KICKBOXING RJ		7:30pm YOGA AT DOWNTOWN Drew		

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

VIRTUAL CLASS
45 MIN

RWC TERRACE
45 - 55 MIN

UCF STADIUM
45 MIN

GARAGE B
45 MIN

LAKE CLAIRE
55 MIN

DOWNTOWN
GRASS AREA BETWEEN
DPAC AND CMB
55 MIN