

SPRING BREAK

# GROUP EXERCISE SCHEDULE

EFFECTIVE: 4.12.21 - 4.18.21

MONDAY

12:00pm

**BARRE**

Michelle

5:00pm

**YOGA**

Gabi

6:00pm

**F45 BOOTCAMP**

Gabriel & Terrell

TUESDAY

12:00pm

**BARRE**

Michelle

5:00pm

**YOGA**

Gabi

6:00pm

**YOGA NIDRA  
MEDITATION**

Katie

WEDNESDAY

12:00pm

**F45 BOOTCAMP**

Terrell & Michael

5:00pm

**YOGA**

Damaris

6:00pm

**ZUMBA**

RJ

THURSDAY

12:00pm

**TOTAL BODY  
STRENGTH**

Kristen

5:00pm

**YOGA**

Damaris

7:00pm

**YOGA**

Katie

FRIDAY

12:00pm

**BARRE**

Michelle

5:00pm

**YOGA**

Katie

6:00pm

**F45 LIVE**

Kristen & Terrell

\*CLASSES RANGE FROM 30 - 55 MINUTES

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

VIRTUAL CLASS  
45 MIN

RWC TERRACE  
45 - 55 MIN