

SUMMER A GROUP EXERCISE SCHEDULE

EFFECTIVE: 5.31.21 - 6.25.21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
9:00am YOGA Gabi	8:00am GARAGE B BOOTCAMP Gabriel	9:00am BARRE Michelle	8:00am *STADIUM RUN Michelle & Vicente	9:00am POWER YOGA Gabriel	7:00pm SUNSET YOGA Danielle
12:00pm BARRE Michelle	10:00am ZUMBA RJ	12:00pm F45 LIVE Arman & Terrell	7:00pm YOGA Danielle	12:00pm YOGA Hannah	
8:00pm F45 BOOTCAMP Ashley & Macy	12:00pm YOGA Kyra	4:00pm YOGA RWC @ DOWNTOWN Mari		4:00pm HIP HOP CARDIO Stacey	
	7:00pm POWER YOGA Hannah	8:00pm YOGA NIDRA Gabi			

***CLASSES RANGE FROM 30 - 55 MINUTES**

Register for all classes at rec.ucf.edu

VIRTUAL CLASS
45 MIN

GARAGE B
45 MIN

GROUP EX STUDIO
45 - 55 MIN

DOWNTOWN
UNION WEST 2ND FLOOR
55 MIN

UCF STADIUM
45 MIN

