

FAU CAMPUS RECREATION

Monday, September 28 - Sunday, October 4



VIRTUAL GROUP FITNESS SCHEDULE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7:30 AM	HIIT & Core - Amanda - *	Total Strength - Damien - *	HIIT & Core - Amanda - *	Total Strength - Michele - *			
9:30 AM	All Levels Yoga - Finn -	Pilates - Danielle -	All Levels Yoga - Finn -	Pilates - Danielle -	All Levels Yoga - Katrina -	HIIT & Core - Michele - *	Total Strength - Damien - *
11:30 AM	Cardio & Core - Damien -	Stretch & Mobility - Becky -	Cardio & Core - Damien -	Stretch & Mobility - Becky -	Tai Chi - Kalindi -	Power Yoga - Katrina -	Gentle Yoga - Alexis -
1:30 PM	Barre - Megan -		Barre - Megan -				
3:30 PM	Gentle Yoga - Kalindi -		Gentle Yoga - Kalindi -				
5:30 PM	Bodyweight Bootcamp - Milly -	MixedFit - Michele -	Bodyweight Bootcamp - Shawn -	MixedFit - Michele -			Restorative Yoga - Mimi -
7:30 PM	Zumba - Christina -	Power Yoga - Abril-	Zumba - Christina -	Power Yoga - Abril-			

IN-PERSON GROUP FITNESS SCHEDULE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:00 AM	Cycle - Jamie -	Cardio Kickboxing - Melissa -	Cycle - Davetta -	Cardio Kickboxing - Melissa -			
10:00 AM		HIIT - Ashley -		HIIT - Ashley -	Cycle - Jen -		HIIT - Amanda -
12:00 PM	Gentle Yoga - Kalindi -	Cycle - Jamie -	Cardio Sculpt - Katie -	Cycle - Camila -	Gentle Yoga - Finn -		
4:00 PM	Cycle - Camila -	Total Strength - Milly -	Cycle - Ana -	Total Strength - Finn -			Cycle - Ana -
6:00 PM	Pilates - Megan -	Cycle - Katie -	All Levels Yoga - Ashley -	Cycle - Jamie -			