Final Success Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Dec 1)	(Dec 2)	(Dec 3)	(Dec 4)	(Dec 5)	(Dec 6)
	5.00		6:30a.m. to	5 20	
6:30a.m. to	6:30a.m. to	6:30a.m. to	7:20a.m.	7:30 a.m. to	10.20
7:20am	7:15am	7:20a.m. Interval	TRX Blast	7:00p.m.	10:30 to
Power	Cycle 45	Fusion	(REC)	Nap Time!	11:15a.m.
Kickboxing	(REC)	(REC)	Location: Boca;	(Owls Care)	Cycle 45
(REC)	Location:	Location: Boca;	Campus Rec	Location: Davie	(REC)
Location:	Boca;	Campus Rec		Student Union,	Location: Boca;
Boca;	Campus Rec	= 00	= 00	Room 204	Campus Rec
Campus Rec		7:00a.m. to	7:00a.m. to	- 00	
		2:00a.m	2:00a.m	7:00a.m. to	
7:00a.m.to	7:00a.m. to	Study space	Study space	12:00 a.m.	11:30am to
2:00a.m	2:00a.m	Location: Boca	Location: Boca	Nap Time!	12:20pm
Study space	Study space	Student Union	Student Union	(Owls care)	Mystery Class
Location:	Location:	rooms Queen,	rooms Queen,	Location:	(REC)
Boca; Student	Boca; Student	Sugar, and	Sugar, and	Fort Lauderdale	Location: Boca;
Union rooms	Union rooms	Palmetto	Palmetto		Campus Rec
Queen, Sugar,	Queen,	0 0 47	7.20	HE 610	
and Palmetto	Sugar, and	9a.m.to 9:45p.m.	7:30 a.m. to		
	Palmetto	Cycle 45	11:00p.m.	8 to 10:00am	7p.m. to 9p.m.
9a.m. to		(REC)	Nap Time!	Breakfast in the	De-stress Before
10a.m. Yoga	11 a.m. to 1	Location: Boca;	(Owls Care)	Burrow	Your Test
(REC)	p.m.	Campus Rec	Location: Davie	Location:	Location: Boca;
Location:	Wellness		Student Union,	Jupiter; Burrow	UVA
Boca;	Hoot:	11 a.m. to 1 p.m.	Room 204		(Housing
Campus Rec	Biofeedback	Wellness Hoot:		9 to 9:45a.m.	residents-only)
	(Owls Care)	Aromatherapy	7:30 a.m. – 2:00	Cycle 45	
11a.m.to	Location:	(Owls Care)	a.m.	(REC)	
11:45a.m.	Boca,	Location: Boca,	Nap Time!	Location: Boca;	
Cycle 45	Traditions	Traditions Plaza	(Owls Care)	Campus Rec	
(REC)	Plaza	10 / 1	Location:		
Location:	11.20	12p.m. to 1p.m.	Fort Lauderdale	11 to 11:50a.m.	
Boca;	11:30a.m. to	Power Flow	HE 610	Power	
Campus Rec	11:50p.m.	(REC)	HE 010	Kickboxing	
1.20	Coreblast	Location: Boca;	0.4 - 10.00	(REC)	
1:30pm to	(REC)	Campus Rec	8 to 10:00am	Location: Boca;	
2:20pm	Location:	12 to 2 m m	Breakfast in the	Campus Rec	
Zumba (REC)	Boca;	12 to 3 p.m. 20 Minute	Burrow		
Location:	Campus Rec	Relaxation	Location: Jupiter;	10 4 10 50	
Boca;	12p.m. to	Breaks	Burrow	12 to 12:50p.m.	
Campus Rec	12p.m. to 1p.m. Power	(Owls Care)		TRX Blast	
Campus Rec	Flow (REC)	Location: Boca;	110 m to	(REC)	
12 to 4:30	Location:	SS-8 Room 222	11a.m. to 11:45a.m.	Location: Boca;	
p.m.	Boca;	DD-0 KUUIII 222	Cycle 45	Campus Rec	
Relaxation	Campus Rec	1:30p.m. to	(REC)		
Breaks	Campus Rec	2:20p.m. Zumba	Location: Boca;	12 4- 4.20	
(Owls Care)	12 to 2p.m.	(REC)	Campus Rec	12 to 4:30 p.m.	
Location:	Stress Less	Location: Boca;	Campus Rec	20 Minute	
Boca; SS-8	Event	Campus Rec	11 a m to 1 n m	Relaxation	
Room 222	Location:	Campus Rec	11 a.m. to 1 p.m. Wellness Hoot:	Breaks	
KUUIII 222	Jupiter; the		Zen Garden	(Owls Care)	
4 to 5 p.m.	Burrow		Boxes	Location: Boca;	
7 to 5 p.m.	Dullow		DOVES		

C4 d D al-	12 += 4.20	2 4. 11	1	CC 0 D 222	
Study Break	12 to 4:30	3 p.m. to 11	Location: Boca,	SS-8 Room 222	
(PET)	p.m.	p.m.	Traditions Plaza	1 4 5 5	
Location;	20 Minute Relaxation	Up Owl Night		4 to 5 p.m. Study Break	
Boca, GS-222	Breaks	3 to 4 p.m.	12 to 12:50p.m.	(PET)	
5p.m. to	(Owls Care)	Mindfulness	Power Flow	Location; Boca,	
5:50p.m.	Location:	(CAPS)	(REC)	GS-222	
TRX Blast	Boca; SS-8	Location: Boca;	Location: Boca;	05-222	
(REC)	Room 222	Student Union	Campus Rec		
Location:	Room 222	VIP room	Campus Rec	5:30 to 6:30p.m.	
Boca:	2:30 to 3:15	VII TOOM		Yoga	
Campus Rec	p.m. Drop-in	4 to 5p.m.	12 to 4:30 p.m.	(REC)	
Cumpus Rec	Relaxation	Interval Fusion	20 Minute	Location: Boca;	
	(CAPS)	(REC)	Relaxation Breaks	Campus Rec	
5:30 to	Location:	Location: Boca;	(Owls Care)	Cump us 1100	
6:15pm Cycle	SS-8, Room	Campus Rec	Location: Boca;		
(REC)	229		SS-8 Room 222	7p.m. to 9p.m.	
Location:	-	4 to 5 p.m.		Study Break	
Boca;	4 to 5 p.m.	Yoga		HPT	
Campus Rec	Study Break	(REC)	1 to 1:20p.m.	(Housing	
1	(PET)	Location: Boca;	Coreblast	residents-only)	
6p.m. to	Location;	Student Union	(REC)	•	
6:50p.m.	Boca, GS-222	VIP room	Location: Boca;		
Outdoor			Campus Rec		
Bootcamp		5p.m. to	•		
(REC)	4p.m. to	5:20p.m.			
Location:	4:50p.m.	Coreblast	2:30 to 3:15 p.m.		
Boca;	Pilates	(REC)	Drop-in		
Campus Rec	(REC)	Location: Boca;	Relaxation		
	Location:	Campus Rec	(CAPS)		
6p.m. to	Boca;		Location:		
6:50p.m.	Campus Rec	5 to 6:20 p.m.	SS-8, Room 229		
Zumba		20 Minute			
(REC)	5:00p.m. to	Relaxation	4 to 5 p.m. Study		
Location:	5:50p.m.	Breaks	Break		
Boca;	Power	(Owls Care)	(PET)		
Campus Rec	Kickboxing	Location: Boca;	Location; Boca,		
7	(REC)	Student Union	GS-222		
7p.m. to	Location:	VIP room	1 to 1.50		
9p.m.	Boca;	5.20n m +a	4 to 4:50p.m. Pilates		
Study Break Location:	Campus Rec	5:30p.m. to	(REC)		
Boca; IRT	5:30a.m. to	6:20p.m. Turbokick	Location: Boca;		
(Housing	7:15am	(REC)	Campus Rec		
residents-	Cycle 45	Location: Boca;	Campus Rec		
only)	(REC)	Campus Rec	5p.m. to 5:50p.m.		
	Location:	Campus Rec	Total Body		
7p.m.	Boca;	5:30p.m. to	Strength		
to7:20p.m.	Campus Rec	6:15p.m.	(REC)		
Coreblast		Cycle 45	Location: Boca;		
(REC)	бр.т. to	(REC)	Campus Rec		
Location:	6:50p.m.	Location: Boca;	F		
Boca;	TRX Blast	Campus Rec	5:30p.m. to		
Campus Rec	(REC)		6:15p.m. Cycle 45		
·	Location:		(REC)		
	Boca;	6p.m. to	Location: Boca;		

	C 50		l	
Campus Rec	6:50p.m.	Campus Rec		
	•			
		_		
7:20p.m.				
Coreblast	Campus Rec	(REC)		
(REC)		Location: Boca;		
Location:	6:30 to 7:20p.m.	Campus Rec		
Boca;	_	•		
·		6:30p.m. to		
P				
7n m to				
-	cumpus rec	, ,		
•	6:30 to 7:30 p m			
•	_	Campus Rec		
· · · · · · · · · · · · · · · · · · ·		7 . 7.20		
	·			
	VIP room	* *		
only)				
	7p.m. to 9p.m.	Campus Rec		
7:30 to	Study Break			
8:20p.m.	Location: Boca;	7p.m. to 9p.m.		
Zumba	GPT	Float Through		
(REC)	(Housing	Finals		
Location:		Location: Boca;		
Boca:	• /			
·	7:30p.m. to			
cump us 1100				
8:30 to		residents sing)		
	•	7:30 to 8:20n m		
-	, ,			
	Campus Rec			
	0 to 10 m m			
·	_	Campus Rec		
Campus Kec		0.20 4. 0.45		
0.4				
		_		
•				
	VIP room	Campus Rec		
	8:30p.m. to			
Dining Hall	9:20p.m. Total			
	Body Strength			
	(REC)			
	Location: Boca;			
	Campus Rec			
	•			
	7p.m. to 7:20p.m. Coreblast (REC) Location: Boca; Campus Rec 7p.m. to 9p.m. Study Break Location: Boca; IVAS MPR (Housing residents- only) 7:30 to 8:20p.m. Zumba (REC) Location: Boca; Campus Rec 8:30 to 9:30p.m. Yoga (REC) Location: Boca; Campus Rec 9:30p.m. Yoga (REC) Location: Boca; Campus Rec 9:30p.m. Yoga (REC) Location: Boca; Campus Rec	Cycle 45 (REC) 7:20p.m. Coreblast (REC) Location: Boca; Campus Rec Campus Rec	7p.m. to 7:20p.m. Coreblast (REC) Location: Boca; Campus Rec (REC) Location: Boca; Tp.m. to Pp.m. Study Break Location: Boca; IVAS MPR (Housing residents-only) Triangle (REC) Location: Boca; Campus Rec 7p.m. to Pp.m. Study Break Location: Boca; IVAS MPR (Housing residents-only) Rec Location: Boca; Campus Rec 7p.m. to Pp.m. Study Break Rec Rec) Location: Boca; Tp.m. to Pp.m. Study Break Rec Rec) Location: Boca; Campus Rec Rec	Tp.m. to T;20p.m. Coreblast Coreblast CREC) Location: Boca; Campus Rec CREC) Location: Boca; Campus Rec CREC) Location: Boca; Campus Rec Coreblast Cocation: Coreblast Cocation: Coreblast Coreblast Coreblast Coreblast Campus Rec Coreblast Campus Rec Campus

M 3	T1	XX7 - J 3
Monday	Tuesday	Wednesday
(Dec 8)	(Dec 9)	(Dec 10)
6,20 to 7,200 m	6.45 to 7.150 m	6,20 to 7,200 m
6:30 to 7:20a.m. Power	6:45 to 7:15a.m.	6:30 to 7:20a.m. Interval Fusion
Kickboxing	Cycle 45 (REC)	(REC)
(REC)	Location: Boca;	Location: Boca;
Location: Boca;	Campus Rec	Campus Rec
Campus Rec	Campus Rec	Campus Rec
Campus Rec		7:30 a.m
7:00a.m2:00a.m	7:00a.m2:00a.m	11:00p.m.
Study space	Study space	Nap Time!
Location: Boca	Location: Boca	(Owls Care)
Student Union	Student Union	Location:
rooms Queen,	rooms Queen,	Davie Student
Sugar, and	Sugar, and	Union, Room 204
Palmetto	Palmetto	ŕ
		7:30a.m. to 2:00
7:30 a.m	7:30 a.m	a.m.
11:00p.m.	11:00p.m.	Nap Time!
Nap Time!	Nap Time!	(Owls Care)
(Owls Care)	(Owls Care)	, , , , , , , , , , , , , , , , , , , ,
Location: Davie	Location: Davie	Location:
Student Union,	Student Union,	Fort Lauderdale
Room 204	Room 204	HE 610
7.20 4- 2.00	7.20 4- 2.00	
7:30a.m. to 2:00	7:30a.m. to 2:00	9 to 9:45a.m.
a.m.	Nap Time!	Cycle 45
Nap Time!	(Owls Care)	(REC)
(Owls Care)	Location: Fort	Location: Boca;
Location:	Lauderdale HE	Campus Rec
Fort Lauderdale	610	11 a.m. to 1 p.m.
HE 610		Wellness Hoot:
	8 to 10:00am	Smoothie Bike
8 to 10:00am	Breakfast in the	(Owls Care)
Breakfast in the	Burrow	Location: Boca,
Burrow	Location: Jupiter;	Traditions Plaza
Location:	Burrow	
Jupiter; Burrow		
	11 a.m. to 1 p.m.	12 to 1p.m.
9 to 10a.m.	Wellness Hoot:	Power Flow
Yoga	Aromatherapy	(REC)
(REC)	(Owls Care)	Location: Boca;
Location: Boca;	Location: Boca,	Campus Rec
Campus Rec	Traditions Plaza	
11 4 11 47		12 to 4:30 p.m.
11 to 11:45a.m.	11:30 to	20 Minute
Cycle 45	11:50 to	Relaxation Breaks
(REC) Location: Boca;	Coreblast	(Owls Care)
Campus Rec	(REC)	Location: Boca;
Campus Nec	Location: Boca;	SS-8 Room 222
11 a.m. to 1 p.m.	Campus Rec	1:30 to 2:20 n m
11 a.m. to 1 p.m.		1:30 to 2:20 p.m.

Final Success		Zumba
Festival	12 to 1p.m.	(REC)
(Owls Care,	Power Flow	Location: Boca;
SHS, CAPS)	(REC)	Campus Rec
	, ,	Campus Rec
Location:	Location: Boca;	4 . 4 50
Traditions Plaza	Campus Rec	4 to 4:50p.m.
		Interval Fusion
12 to 1p.m.	12 to 4:30 p.m.	(REC)
Yoga	20 Minute	Location: Boca;
(REC)	Relaxation Breaks	Campus Rec
Location: Boca;	(Owls Care)	
Campus Rec	Location: Boca;	4 to 5 p.m.
Cumpus rec	SS-8 Room 222	Study Break
	DD 0 ROOM 222	(PET)
12 45 4.20 5 55		, , ,
12 to 4:30 p.m.	4 . 4 50	Location; Boca,
20 Minute	4 to 4:50p.m.	GS-222
Relaxation	Pilates	
Breaks	(REC)	
(Owls Care)	Location: Boca;	5 to 5:20p.m.
Location: Boca;	Campus Rec	Coreblast
SS-8 Room 222	•	(REC)
	4 to 5 p.m. Study	Location: Boca;
	Break	Campus Rec
1:30 to 2:20p.m.	(PET)	Campus Rec
Zumba	Location; Boca,	5.20 to 6.20m m
		5:30 to 6:20p.m.
(REC)	GS-222	Turbokick
Location: Boca;		(REC)
Campus Rec	5 to 5:50a.m.	Location: Boca;
	Power	Campus Rec
	Kickboxing	
2:30 to 3:15 p.m.	(REC)	
Drop-in	Location: Boca;	5:30 to 6:15p.m.
Relaxation	Campus Rec	Cycle 45
(CAPS)	Campus rece	(REC)
Location:	5:30 to 6:15p.m.	Location: Boca;
	Cycle 45	
SS-8, Room 229		Campus Rec
	(REC)	
	Location: Boca;	6 to 6:50p.m.
4 to 5 p.m. Study	Campus Rec	Outdoor Bootcamp
Break		(REC)
(PET)	6 to 6:50p.m.	Location: Boca;
Location; Boca,	TRX Blast	Campus Rec
GS-222	(REC)	1
02 222	Location: Boca;	6:30 to 7:20p.m.
5 to 6p.m. TRX	Campus Rec	Yoga
Blast	Campus Rec	(REC)
	7 4 2 7 20 2 22	` ′
(REC)	7 to 7:20p.m.	Location: Boca;
Location: Boca;	Coreblast	Campus Rec
Campus Rec	(REC)	
	Location: Boca;	7:30 to 8:30p.m.
	Campus Rec	Cycle 60
5:30 to 6:15 p.m.		(REC)
Cycle 45		Location: Boca;
(REC)	7:30 to 8:20p.m.	Campus Rec
Location: Boca;	Zumba	r
Campus Rec	(REC)	7:30 to 8:20p.m.
Campus Rec	(RLC)	7.50 to 0.20p.III.

	Location: Boca;	Zumba
	Campus Rec	(REC)
6 to 6:50p.m.		Location: Boca;
Outdoor	8:30 to 9:30p.m.	Campus Rec
Bootcamp	Yoga	
(REC)	(REC)	8:30 to 9:20p.m.
Location: Boca;	Location: Boca;	Total Body
Campus Rec	Campus Rec	Strength
•	•	(REC)
		Location: Boca;
6 to 6:50p.m.		Campus Rec
Zumba		F
(REC)		
Location: Boca;		
Campus Rec		
Cumpus rec		
7 to 7:20p.m.		
Coreblast		
(REC)		
Location: Boca;		
Campus Rec		
Campus Rec		
7:30-8:20p.m.		
Interval Fusion		
(REC)		
Location: Boca;		
Campus Rec		
Campus Rec		
7:30 to 8:15p.m.		
Cycle 45		
(REC)		
Location: Boca:		
Campus Rec		
Campus Rec		
8:30 to 9:30p.m.		
Yoga		
(REC)		
Location: Boca;		
1		
Campus Rec		
1		1