

## Final Success Schedule

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

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| <p>Study Break (PET)<br/><i>Location:</i> Boca, GS-222</p> <p>5p.m. to 5:50p.m.<br/>TRX Blast (REC)<br/><i>Location:</i> Boca; Campus Rec</p> <p>5:30 to 6:15pm Cycle (REC)<br/><i>Location:</i> Boca; Campus Rec</p> <p>6p.m. to 6:50p.m.<br/>Outdoor Bootcamp (REC)<br/><i>Location:</i> Boca; Campus Rec</p> <p>6p.m. to 6:50p.m.<br/>Zumba (REC)<br/><i>Location:</i> Boca; Campus Rec</p> <p>7p.m. to 9p.m.<br/>Study Break<br/><i>Location:</i> Boca; IRT (Housing residents-only)</p> <p>7p.m. to 7:20p.m.<br/>Coreblast (REC)<br/><i>Location:</i> Boca; Campus Rec</p> | <p>12 to 4:30 p.m.<br/>20 Minute Relaxation Breaks (Owls Care)<br/><i>Location:</i> Boca; SS-8 Room 222</p> <p>2:30 to 3:15 p.m.<br/>Drop-in Relaxation (CAPS)<br/><i>Location:</i> SS-8, Room 229</p> <p>4 to 5 p.m.<br/>Study Break (PET)<br/><i>Location:</i> Boca, GS-222</p> <p>4p.m. to 4:50p.m.<br/>Pilates (REC)<br/><i>Location:</i> Boca; Campus Rec</p> <p>5:00p.m. to 5:50p.m.<br/>Power Kickboxing (REC)<br/><i>Location:</i> Boca; Campus Rec</p> <p>5:30a.m. to 7:15am<br/>Cycle 45 (REC)<br/><i>Location:</i> Boca; Campus Rec</p> <p>6p.m. to 6:50p.m.<br/>TRX Blast (REC)<br/><i>Location:</i> Boca;</p> | <p><b>3 p.m. to 11 p.m.<br/>Up Owl Night</b></p> <p>3 to 4 p.m.<br/>Mindfulness (CAPS)<br/><i>Location:</i> Boca; Student Union VIP room</p> <p>4 to 5p.m.<br/>Interval Fusion (REC)<br/><i>Location:</i> Boca; Campus Rec</p> <p>4 to 5 p.m.<br/>Yoga (REC)<br/><i>Location:</i> Boca; Student Union VIP room</p> <p>5p.m. to 5:20p.m.<br/>Coreblast (REC)<br/><i>Location:</i> Boca; Campus Rec</p> <p>5 to 6:20 p.m.<br/>20 Minute Relaxation Breaks (Owls Care)<br/><i>Location:</i> Boca; Student Union VIP room</p> <p>5:30p.m. to 6:20p.m.<br/>Turbokick (REC)<br/><i>Location:</i> Boca; Campus Rec</p> <p>5:30p.m. to 6:15p.m.<br/>Cycle 45 (REC)<br/><i>Location:</i> Boca; Campus Rec</p> <p>6p.m. to</p> | <p><i>Location:</i> Boca, Traditions Plaza</p> <p>12 to 12:50p.m.<br/>Power Flow (REC)<br/><i>Location:</i> Boca; Campus Rec</p> <p>12 to 4:30 p.m.<br/>20 Minute Relaxation Breaks (Owls Care)<br/><i>Location:</i> Boca; SS-8 Room 222</p> <p>1 to 1:20p.m.<br/>Coreblast (REC)<br/><i>Location:</i> Boca; Campus Rec</p> <p>2:30 to 3:15 p.m.<br/>Drop-in Relaxation (CAPS)<br/><i>Location:</i> SS-8, Room 229</p> <p>4 to 5 p.m.<br/>Study Break (PET)<br/><i>Location:</i> Boca, GS-222</p> <p>4 to 4:50p.m.<br/>Pilates (REC)<br/><i>Location:</i> Boca; Campus Rec</p> <p>5p.m. to 5:50p.m.<br/>Total Body Strength (REC)<br/><i>Location:</i> Boca; Campus Rec</p> <p>5:30p.m. to 6:15p.m.<br/>Cycle 45 (REC)<br/><i>Location:</i> Boca;</p> | <p>SS-8 Room 222</p> <p>4 to 5 p.m. Study Break (PET)<br/><i>Location:</i> Boca, GS-222</p> <p>5:30 to 6:30p.m.<br/>Yoga (REC)<br/><i>Location:</i> Boca; Campus Rec</p> <p>7p.m. to 9p.m.<br/>Study Break HPT (Housing residents-only)</p> |
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| <p>7:30p.m. to 8:20p.m.<br/>Interval Fusion (REC)<br/><i>Location:</i> Boca; Campus Rec</p> | <p>Campus Rec<br/>7p.m. to 7:20p.m.<br/>Coreblast (REC)<br/><i>Location:</i> Boca; Campus Rec</p>  | <p>6:50p.m.<br/>Cycle 45 (REC)<br/><i>Location:</i> Boca; Campus Rec</p>  | <p>Campus Rec<br/>6p.m. to 6:50p.m.<br/>Zumba (REC)<br/><i>Location:</i> Boca; Campus Rec</p>   |  |  |
| <p>7:30p.m. to 8:20p.m.<br/>Cycle (REC)<br/><i>Location:</i> Boca; Campus Rec</p>           | <p>7p.m. to 9p.m.<br/>Study Break<br/><i>Location:</i> Boca; IVAS MPR (Housing residents-only)</p> | <p>6:30 to 7:20p.m.<br/>Yoga (REC)<br/><i>Location:</i> Boca; Campus Rec</p> <p>6:30 to 7:30 p.m.<br/>Study Break (PET)<br/><i>Location:</i> Boca; Student Union VIP room</p> | <p>6:30p.m. to 7:15p.m.<br/>Cycle 45 (REC)<br/><i>Location:</i> Boca; Campus Rec</p> <p>7p.m. to 7:20p.m.<br/>Coreblast (REC)<br/><i>Location:</i> Boca; Campus Rec</p> |  |  |
|   | <p>7:30 to 8:20p.m.<br/>Zumba (REC)<br/><i>Location:</i> Boca; Campus Rec</p>                      | <p>7p.m. to 9p.m.<br/>Study Break<br/><i>Location:</i> Boca; GPT (Housing residents-only)</p>   | <p>7p.m. to 9p.m.<br/>Float Through Finals<br/>Parliament (Housing residents-only)</p>  |  |  |
|   | <p>8:30 to 9:30p.m.<br/>Yoga (REC)<br/><i>Location:</i> Boca; Campus Rec</p>                       | <p>7:30p.m. to 8:30p.m.<br/>Cycle 60 (REC)<br/><i>Location:</i> Boca; Campus Rec</p>  | <p>7:30 to 8:20p.m.<br/>Interval Fusion (REC)<br/><i>Location:</i> Boca; Campus Rec</p>   |  |  |
|   | <p>9 to 10:00p.m.<br/>Late Night Breakfast<br/><i>Location:</i> Jupiter; Dining Hall</p>           | <p>8 to 10 p.m.<br/>Crafts and Biofeedback (Owls Care)<br/><i>Location:</i> Boca; Student Union VIP room</p>  | <p>8:30 to 9:45 p.m.<br/>Full Moon Yoga (Rec)<br/><i>Location:</i> Boca; Campus Rec</p>   |  |  |
|   |  | <p>8:30p.m. to 9:20p.m.<br/>Total Body Strength (REC)<br/><i>Location:</i> Boca; Campus Rec</p>   |   |  |  |

| <b>Monday<br/>(Dec 8)</b>   | <b>Tuesday<br/>(Dec 9)</b>  | <b>Wednesday<br/>(Dec 10)</b>   |
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| 6:30 to 7:20a.m.<br>Power<br>Kickboxing<br>(REC)<br><i>Location:</i> Boca;<br>Campus Rec                            | 6:45 to 7:15a.m.<br>Cycle 45<br>(REC)<br><i>Location:</i> Boca;<br>Campus Rec                                       | 6:30 to 7:20a.m.<br>Interval Fusion<br>(REC)<br><i>Location:</i> Boca;<br>Campus Rec                              |
| 7:00a.m.-2:00a.m<br>Study space<br><i>Location:</i> Boca<br>Student Union<br>rooms Queen,<br>Sugar, and<br>Palmetto | 7:00a.m.-2:00a.m<br>Study space<br><i>Location:</i> Boca<br>Student Union<br>rooms Queen,<br>Sugar, and<br>Palmetto | 7:30 a.m. -<br>11:00p.m.<br>Nap Time!<br>(Owls Care)<br><i>Location:</i><br>Davie Student<br>Union, Room 204      |
| 7:30 a.m. -<br>11:00p.m.<br>Nap Time!<br>(Owls Care)<br><i>Location:</i> Davie<br>Student Union,<br>Room 204        | 7:30 a.m. -<br>11:00p.m.<br>Nap Time!<br>(Owls Care)<br><i>Location:</i> Davie<br>Student Union,<br>Room 204        | 7:30a.m. to 2:00<br>a.m.<br>Nap Time!<br>(Owls Care)<br><i>Location:</i><br>Fort Lauderdale<br>HE 610             |
| 7:30a.m. to 2:00<br>a.m.<br>Nap Time!<br>(Owls Care)<br><i>Location:</i><br>Fort Lauderdale<br>HE 610               | 7:30a.m. to 2:00<br>Nap Time!<br>(Owls Care)<br><i>Location:</i> Fort<br>Lauderdale HE<br>610                       | 9 to 9:45a.m.<br>Cycle 45<br>(REC)<br><i>Location:</i> Boca;<br>Campus Rec  |
| 8 to 10:00am<br>Breakfast in the<br>Burrow<br><i>Location:</i><br>Jupiter; Burrow                                   | 8 to 10:00am<br>Breakfast in the<br>Burrow<br><i>Location:</i> Jupiter;<br>Burrow                                   | 11 a.m. to 1 p.m.<br>Wellness Hoot:<br>Smoothie Bike<br>(Owls Care)<br><i>Location:</i> Boca,<br>Traditions Plaza |
| 9 to 10a.m.<br>Yoga<br>(REC)<br><i>Location:</i> Boca;<br>Campus Rec  | 11 a.m. to 1 p.m.<br>Wellness Hoot:<br>Aromatherapy<br>(Owls Care)<br><i>Location:</i> Boca,<br>Traditions Plaza    | 12 to 1p.m.<br>Power Flow<br>(REC)<br><i>Location:</i> Boca;<br>Campus Rec  |
| 11 to 11:45a.m.<br>Cycle 45<br>(REC)<br><i>Location:</i> Boca;<br>Campus Rec  | 11:30 to<br>11:50a.m.<br>Coreblast<br>(REC)<br><i>Location:</i> Boca;<br>Campus Rec                                 | 12 to 4:30 p.m.<br>20 Minute<br>Relaxation Breaks<br>(Owls Care)<br><i>Location:</i> Boca;<br>SS-8 Room 222       |
| 11 a.m. to 1 p.m.   |   | 1:30 to 2:20 p.m.   |

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| Final Success Festival<br>(Owls Care, SHS, CAPS)<br><i>Location:</i> Traditions Plaza              | 12 to 1p.m.<br>Power Flow (REC)<br><i>Location:</i> Boca; Campus Rec                               | Zumba (REC)<br><i>Location:</i> Boca; Campus Rec                             |
| 12 to 1p.m.<br>Yoga (REC)<br><i>Location:</i> Boca; Campus Rec                                     | 12 to 4:30 p.m.<br>20 Minute Relaxation Breaks (Owls Care)<br><i>Location:</i> Boca; SS-8 Room 222 | 4 to 4:50p.m.<br>Interval Fusion (REC)<br><i>Location:</i> Boca; Campus Rec  |
| 12 to 4:30 p.m.<br>20 Minute Relaxation Breaks (Owls Care)<br><i>Location:</i> Boca; SS-8 Room 222 | 4 to 4:50p.m.<br>Pilates (REC)<br><i>Location:</i> Boca; Campus Rec                                | 4 to 5 p.m.<br>Study Break (PET)<br><i>Location;</i> Boca, GS-222            |
| 1:30 to 2:20p.m.<br>Zumba (REC)<br><i>Location:</i> Boca; Campus Rec                               | 4 to 5 p.m. Study Break (PET)<br><i>Location;</i> Boca, GS-222                                     | 5 to 5:20p.m.<br>Coreblast (REC)<br><i>Location:</i> Boca; Campus Rec        |
| 2:30 to 3:15 p.m.<br>Drop-in Relaxation (CAPS)<br><i>Location:</i> SS-8, Room 229                  | 5 to 5:50a.m.<br>Power Kickboxing (REC)<br><i>Location:</i> Boca; Campus Rec                       | 5:30 to 6:20p.m.<br>Turbokick (REC)<br><i>Location:</i> Boca; Campus Rec     |
| 4 to 5 p.m. Study Break (PET)<br><i>Location;</i> Boca, GS-222                                     | 5:30 to 6:15p.m.<br>Cycle 45 (REC)<br><i>Location:</i> Boca; Campus Rec                            | 5:30 to 6:15p.m.<br>Cycle 45 (REC)<br><i>Location:</i> Boca; Campus Rec      |
| 5 to 6p.m. TRX Blast (REC)<br><i>Location:</i> Boca; Campus Rec                                    | 6 to 6:50p.m.<br>TRX Blast (REC)<br><i>Location:</i> Boca; Campus Rec                              | 6 to 6:50p.m.<br>Outdoor Bootcamp (REC)<br><i>Location:</i> Boca; Campus Rec |
| 5:30 to 6:15 p.m.<br>Cycle 45 (REC)<br><i>Location:</i> Boca; Campus Rec                           | 7 to 7:20p.m.<br>Coreblast (REC)<br><i>Location:</i> Boca; Campus Rec                              | 6:30 to 7:20p.m.<br>Yoga (REC)<br><i>Location:</i> Boca; Campus Rec          |
|  | 7:30 to 8:20p.m.<br>Zumba (REC)  | 7:30 to 8:30p.m.<br>Cycle 60 (REC)<br><i>Location:</i> Boca; Campus Rec      |
|  |  | 7:30 to 8:20p.m.   |

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| <p>6 to 6:50p.m.<br/>Outdoor<br/>Bootcamp<br/>(REC)<br/><i>Location:</i> Boca;<br/>Campus Rec</p> <p>6 to 6:50p.m.<br/>Zumba<br/>(REC)<br/><i>Location:</i> Boca;<br/>Campus Rec</p> <p>7 to 7:20p.m.<br/>Coreblast<br/>(REC)<br/><i>Location:</i> Boca;<br/>Campus Rec</p> <p>7:30-8:20p.m.<br/>Interval Fusion<br/>(REC)<br/><i>Location:</i> Boca;<br/>Campus Rec</p> <p>7:30 to 8:15p.m.<br/>Cycle 45<br/>(REC)<br/><i>Location:</i> Boca;<br/>Campus Rec</p> <p>8:30 to 9:30p.m.<br/>Yoga<br/>(REC)<br/><i>Location:</i> Boca;<br/>Campus Rec</p> | <p><i>Location:</i> Boca;<br/>Campus Rec</p> <p>8:30 to 9:30p.m.<br/>Yoga<br/>(REC)<br/><i>Location:</i> Boca;<br/>Campus Rec</p> | <p>Zumba<br/>(REC)<br/><i>Location:</i> Boca;<br/>Campus Rec</p> <p>8:30 to 9:20p.m.<br/>Total Body<br/>Strength<br/>(REC)<br/><i>Location:</i> Boca;<br/>Campus Rec</p> |
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