

GROUP FITNESS SCHEDULE

CAMPUS RECREATION | BROWARD CAMPUSES

SPRING 2019

MONDAY

CIRCUIT TRAINING

CAMPUS REC FACILITY
12:30 P.M.

TUESDAY

CIRCUIT TRAINING

CAMPUS REC FACILITY
12:30 P.M.

WEDNESDAY

WALKING WEDNESDAYS

OASIS LOUNGE
NOON

THURSDAY

YOGA

ES 106 or SD 105
NOON

KICKBOXING

LA BREEZEWAY or
SD 105
5 P.M.

CIRCUIT TRAINING

CAMPUS REC FACILITY
5:15 P.M.

CIRCUIT TRAINING

CAMPUS REC FACILITY
5 P.M.

CIRCUIT TRAINING

CAMPUS REC FACILITY
5:15 P.M.

REGGAE FIT

LA BREEZEWAY or
SD 205
5:30 P.M.

*All of the Yoga classes will begin the week of January 28th.

FORT LAUDERDALE CAMPUS

YOGA

HE 713

Thursdays at 5 P.M.

DANIA BEACH (SEA TECH) CAMPUS

YOGA

Auditorium (ST-250)

Mondays at 11 A.M.

SCHEDULE IS SUBJECT TO CHANGE | NO CLASSES ON UNIVERSITY HOLIDAYS