**GROUP FITNESS SCHEDULE**

**CAMPUS RECREATION | BOCA RATON CAMPUS**

**FLORIDA ATLANTIC UNIVERSITY**

**FALL 2019**

**AUG. 19 - NOV. 27**

---

**MONDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Duration</th>
<th>Studio</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:15 a.m.</td>
<td>HIT</td>
<td>45 mins.</td>
<td>STUDIO B</td>
<td>Shawn</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>ALL LEVELS YOGA</td>
<td>60 mins.</td>
<td>STUDIO C</td>
<td>Christine</td>
</tr>
<tr>
<td>12:15 p.m.</td>
<td>TRX</td>
<td>45 mins.</td>
<td>STUDIO B</td>
<td>Milly</td>
</tr>
<tr>
<td>4 p.m.</td>
<td>POWER YOGA</td>
<td>60 mins.</td>
<td>STUDIO C</td>
<td>Tamara</td>
</tr>
<tr>
<td>5:15 p.m.</td>
<td>CYCLE</td>
<td>45 mins.</td>
<td>STUDIO A</td>
<td>Lindsey</td>
</tr>
</tbody>
</table>

**TUESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Duration</th>
<th>Studio</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:15 a.m.</td>
<td>CYCLE</td>
<td>45 mins.</td>
<td>STUDIO A</td>
<td>Mary</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>CARDIO KICKBOXING</td>
<td>45 mins.</td>
<td>STUDIO B</td>
<td>Ashley</td>
</tr>
<tr>
<td>12:15 p.m.</td>
<td>CYCLE</td>
<td>45 mins.</td>
<td>STUDIO A</td>
<td>Ryan</td>
</tr>
<tr>
<td>4 p.m.</td>
<td>TOTAL STRENGTH</td>
<td>45 mins.</td>
<td>STUDIO B</td>
<td>Lindsee</td>
</tr>
<tr>
<td>5:15 p.m.</td>
<td>CYCLE</td>
<td>45 mins.</td>
<td>STUDIO A</td>
<td>Camila</td>
</tr>
</tbody>
</table>

**WEDNESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Duration</th>
<th>Studio</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:15 a.m.</td>
<td>HIT</td>
<td>45 mins.</td>
<td>STUDIO B</td>
<td>Aubree</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>CARDIO SCULPT</td>
<td>45 mins.</td>
<td>STUDIO B</td>
<td>Rachel</td>
</tr>
<tr>
<td>12:15 p.m.</td>
<td>CYCLE</td>
<td>45 mins.</td>
<td>STUDIO A</td>
<td>Larry</td>
</tr>
<tr>
<td>4 p.m.</td>
<td>STRIKE</td>
<td>45 mins.</td>
<td>STUDIO B</td>
<td>Melissa</td>
</tr>
<tr>
<td>5:15 p.m.</td>
<td>STRETCH &amp; MOBILITY</td>
<td>45 mins.</td>
<td>STUDIO C</td>
<td>Becki</td>
</tr>
</tbody>
</table>

**THURSDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Duration</th>
<th>Studio</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:15 a.m.</td>
<td>CYCLE</td>
<td>45 mins.</td>
<td>STUDIO A</td>
<td>Mary</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>ALL LEVELS YOGA</td>
<td>60 mins.</td>
<td>STUDIO C</td>
<td>Finn</td>
</tr>
<tr>
<td>12:15 p.m.</td>
<td>TRX</td>
<td>45 mins.</td>
<td>STUDIO B</td>
<td>Rachel</td>
</tr>
<tr>
<td>4 p.m.</td>
<td>POWER YOGA</td>
<td>60 mins.</td>
<td>STUDIO C</td>
<td>Finn</td>
</tr>
<tr>
<td>5:15 p.m.</td>
<td>CYCLE</td>
<td>45 mins.</td>
<td>STUDIO A</td>
<td>Gabby</td>
</tr>
</tbody>
</table>

**FRIDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Duration</th>
<th>Studio</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 a.m.</td>
<td>WORKOUT</td>
<td>60 mins.</td>
<td>STUDIO C</td>
<td>Kyle</td>
</tr>
<tr>
<td>12:15 p.m.</td>
<td>POWER KICKBOXING</td>
<td>45 mins.</td>
<td>STUDIO B</td>
<td>Brittany</td>
</tr>
<tr>
<td>4 p.m.</td>
<td>GENTLE YOGA</td>
<td>60 mins.</td>
<td>STUDIO C</td>
<td>Kalindi</td>
</tr>
<tr>
<td>5:15 p.m.</td>
<td>CYCLE</td>
<td>45 mins.</td>
<td>STUDIO A</td>
<td>Camila</td>
</tr>
</tbody>
</table>

**SATURDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Duration</th>
<th>Studio</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 a.m.</td>
<td>ALL LEVELS YOGA</td>
<td>60 mins.</td>
<td>STUDIO C</td>
<td>Finn</td>
</tr>
<tr>
<td>12:15 p.m.</td>
<td>CYCLE</td>
<td>45 mins.</td>
<td>STUDIO A</td>
<td>Ryan</td>
</tr>
<tr>
<td>4 p.m.</td>
<td>ALL LEVELS YOGA</td>
<td>60 mins.</td>
<td>STUDIO B</td>
<td>Derek</td>
</tr>
</tbody>
</table>

**SUNDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Duration</th>
<th>Studio</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 a.m.</td>
<td>CORE STRENGTH</td>
<td>30 mins.</td>
<td>STUDIO B</td>
<td>Shawn</td>
</tr>
<tr>
<td>12:15 p.m.</td>
<td>STRONG 30</td>
<td>30 mins.</td>
<td>STUDIO B</td>
<td>Brittany</td>
</tr>
<tr>
<td>4 p.m.</td>
<td>ALL LEVELS YOGA</td>
<td>60 mins.</td>
<td>STUDIO B</td>
<td>Ana</td>
</tr>
</tbody>
</table>

Reasonable accommodation should be requested of the event sponsor: Brittany Stephenson at stephensonb2016@fau.edu or TTY Relay Station 1-800-955-8770. Please make your needs known as soon as possible to allow sufficient time for effective accommodations, preferably 5 days before the date of this event.