# Group Fitness InterSession Schedule

**WEEK 1 / MONDAY, DEC. 2 - FRIDAY, DEC. 6**

**MONDAY, DEC. 2**
- **CARDIO SCULPT**
  - 12:15 p.m.
  - STUDIO C | Rachel
- **HIIT**
  - 5:15 p.m.
  - STUDIO C | Ashley

**TUESDAY, DEC. 3**
- **CARDIOBOXING**
  - 6:15 a.m.
  - STUDIO C | Melissa
- **ALL LEVELS YOGA**
  - 12:15 p.m.
  - STUDIO C | Finn
- **CYCLE**
  - 5:15 p.m.
  - STUDIO A | Camila
- **MIXXEDFIT**
  - 6:15 p.m.
  - STUDIO C | Michele

**WEDNESDAY, DEC. 4**
- **TOTAL STRENGTH**
  - 12:15 p.m.
  - STUDIO C | Rachel
- **POWER YOGA**
  - 5:15 p.m.
  - STUDIO C | Tamara
- **CYCLE**
  - 6:15 p.m.
  - STUDIO A | Gabby

**THURSDAY, DEC. 5**
- **CYCLE**
  - 6:15 a.m.
  - STUDIO A | Jamie
- **ALL LEVELS YOGA**
  - 12:15 p.m.
  - STUDIO C | Kalindi
- **LOWER STRENGTH**
  - 6:15 p.m.
  - STUDIO C | Ashley

**FRIDAY, DEC. 6**
- **GENTLE YOGA**
  - 12:15 p.m.
  - STUDIO C | Kalindi

**WEEK 2 / MONDAY, DEC. 9 - FRIDAY, DEC. 13**

**MONDAY, DEC. 9**
- **CYCLE**
  - 12:15 p.m.
  - STUDIO A | Jamie
- **HIIT**
  - 5:15 p.m.
  - STUDIO C | Milly
- **MIXXEDFIT**
  - 6:15 p.m.
  - STUDIO C | Michelle

**TUESDAY, DEC. 10**
- **CARDIO BOXING**
  - 6:15 a.m.
  - STUDIO C | Melissa
- **CYCLE**
  - 5:15 p.m.
  - STUDIO A | Gabby
- **UPPER STRENGTH**
  - 6:15 p.m.
  - STUDIO C | Ashley

**WEDNESDAY, DEC. 11**
- **TOTAL STRENGTH**
  - 12:15 p.m.
  - STUDIO B | Tamera
- **POWER YOGA**
  - 5:15 p.m.
  - STUDIO C | Tressy
- **ZUMBA**
  - 6:15 p.m.
  - STUDIO C | Tressy

**THURSDAY, DEC. 12**
- **HIIT**
  - 12:15 p.m.
  - STUDIO C | Ashley
- **ALL LEVELS YOGA**
  - 5:15 p.m.
  - STUDIO C | Marilyn
- **HIIT**
  - 5:15 p.m.
  - STUDIO B | Shawn

**FRIDAY, DEC. 13**
- **GENTLE YOGA**
  - 12:15 p.m.
  - STUDIO C | Kalindi

**WEEK 3 / MONDAY, JAN. 6 - FRIDAY, JAN. 10**

**MONDAY, JAN. 6**
- **CARDIO SCULPT**
  - 12:15 p.m.
  - STUDIO C | Rachel
- **HIIT**
  - 5:15 p.m.
  - STUDIO C | Milly
- **POWER KICKBOXING**
  - 6:15 p.m.
  - STUDIO C | Abdel

**TUESDAY, JAN. 7**
- **CARDIO KICKBOXING**
  - 6:15 a.m.
  - STUDIO C | Melissa
- **CYCLE**
  - 5:15 p.m.
  - STUDIO A | Jamie
- **MIXXEDFIT**
  - 6:15 p.m.
  - STUDIO C | Michele

**WEDNESDAY, JAN. 8**
- **TOTAL STRENGTH**
  - 12:15 p.m.
  - STUDIO C | Rachel
- **POWER YOGA**
  - 5:15 p.m.
  - STUDIO C | Rita
- **MIXXEDFIT**
  - 6:15 p.m.
  - STUDIO C | Michele

**THURSDAY, JAN. 9**
- **CARDIO KICKBOXING**
  - 6:15 a.m.
  - STUDIO C | Melissa
- **CYCLE**
  - 5:15 p.m.
  - STUDIO A | Jamie
- **ALL LEVELS YOGA**
  - 12:15 p.m.
  - STUDIO C | Finn

**FRIDAY, JAN. 10**
- **ALL LEVELS YOGA**
  - 12:15 p.m.
  - STUDIO C | Kalindi

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For more information visit: fau.edu/campusrec

Reasonable accommodation should be requested of the event sponsor: Brittany Stephenson at stephensonsb2016@fau.edu. 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.