

GROUP FITNESS SCHEDULE

CAMPUS RECREATION | BOCA RATON CAMPUS

MON	TUE	WED	THU
7:00 AM			
CYCLE STUDIO A HANNAH	CYCLE STUDIO A KATIE		CYCLE STUDIO A HANNAH
MAT SCULPT PILATES STUDIO B CHLOE		LES MILLS BODYPUMP STUDIO B PETER	
9:00 AM			
CYCLE STUDIO A BRIDGET		9:30 AM MAT SCULPT PILATES STUDIO B ANA	
MAT SCULPT PILATES STUDIO B TAMARA			
10:30 AM			
MAT SCULPT PILATES STUDIO B TAMARA		CYCLE STUDIO A ANA	GENTLE YOGA STUDIO C KALINDI
12:15 PM			
	CYCLE STUDIO A ROSEANN		CYCLE STUDIO A ROSEANN
TOTAL BODY STRENGTH STUDIO B JACK	MAT SCULPT PILATES STUDIO B BRIANNA	TRX STUDIO B	
	FUNCTIONAL FITNESS STUDIO C BARDIA		FUNCTIONAL FITNESS STUDIO C BARDIA
3:00 PM			
	KICKBOXING STUDIO B GUNNAR		KICKBOXING STUDIO C GUNNAR
4:00 PM			
	MAT SCULPT PILATES STUDIO B TALIA	MAT SCULPT PILATES STUDIO B TAMARA	MAT SCULPT PILATES STUDIO B TAMERA
5:15 PM			
	CYCLE STUDIO A ROSEANN		CYCLE STUDIO A SOPHIE
MAT SCULPT PILATES STUDIO B ANA	MAT SCULPT PILATES STUDIO B TAMARA	LES MILLS BODYPUMP STUDIO B BETHE	
	ALL LEVELS YOGA STUDIO C MARY	ALL LEVELS YOGA STUDIO C ALEXIS	ALL LEVELS YOGA STUDIO C TAMERA
6:15 PM			
CYCLE STUDIO A ANA	CYCLE STUDIO A NOAH		CYCLE STUDIO A SOPHIA
DANCE & TONE STUDIO B FATIMA	MAT SCULPT PILATES STUDIO B TAMARA		DANCE & TONE STUDIO B FATIMA
ALL LEVELS YOGA STUDIO C AVA		ALL LEVELS YOGA STUDIO C AVA	
7:30 PM			
CYCLE STUDIO A ARIANA			CYCLE STUDIO A MARKETA
			LES MILLS BODYPUMP STUDIO B BETHE
	REGGAE FIT STUDIO C		REGGAE FIT STUDIO C

FALL 2026:
AUGUST 24 - NOVEMBER 22

FRI	SAT	SUN
10:30 AM		
CYCLE STUDIO A PEYTON		
LES MILLS SHAPES STUDIO B CHLOE		
5:15 PM		
LES MILLS BODYPUMP STUDIO B SEBASTIAN		CYCLE STUDIO A SOPHIE

CLASS FORMATS:

- DANCE, ZUMBA
- CARDIO, CYCLE
- SCULPT, PILATES
- KICKBOXING
- MIND/BODY, YOGA
- STRENGTH
- TRX

LOCATION:

RECREATION & FITNESS
CENTER (RC-91),
BOCA RATON CAMPUS

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CODE TO
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Reasonable accommodation should be requested of the event sponsor: Campus Recreation at 561-297-0591 and campusrec@fau.edu or TTY Relay Station at 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.

