

GROUP FITNESS SCHEDULE

CAMPUS RECREATION | BOCA RATON CAMPUS

SUMMER B 2026: JUNE 27 - AUGUST 7

MON	TUE	WED	THU	FRI	SAT	SUN
10:30 AM						
			GENTLE YOGA STUDIO C FAITH 1 HOUR			
12:15 PM						
	FUNCTIONAL FITNESS STUDIO C BARDIA 45 MIN		FUNCTIONAL FITNESS STUDIO C BARDIA 45 MIN			
4:30 PM						
KICKBOXING STUDIO C GUNNAR 45 MIN		KICKBOXING STUDIO C GUNNAR 45 MIN				LES MILLS - BODYPUMP STUDIO C SEBASTIAN 45 MIN
5:15 PM						
	ALL LEVELS YOGA STUDIO C MARY 1 HOUR		ALL LEVELS YOGA STUDIO C TAMERA 1 HOUR			
6:30 PM						
		ALL LEVELS YOGA STUDIO C AVA 1 HOUR				

KEY

CLASS FORMATS:

- STRENGTH
- KICKBOXING
- MIND/BODY, YOGA

LOCATION:

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

BE ON THE LOOKOUT FOR OUR SPECIALTY CLASSES!

FITNESS@FAU.EDU | 561-297-0591 | FAU.EDU/CAMPUS REC
SCAN QR CODE TO REGISTER FOR CLASSES



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.