

FAU CAMPUS RECREATION

Spring 2021 Group Fitness Schedule



IN-PERSON CLASSES

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:00 AM	Cycle - Heidi -	Cardio Sculpt - Melissa -	Cycle - Jaelyn -	Cardio Kickboxing - Melissa -			
9:30 AM		Cycle - Isabella -		Cycle - Isabella -	[10:00am] Cycle - Kerri -		
12:00 PM	Total Strength - Cliffie -	HIIT - Jamie -	Cycle - Kerri -	Total Strength - Damien -		Cycle - Gabby -	
4:00 PM	Cycle - Gabby -		HIIT - Milly -		HIIT - Cliffie -		
5:00 PM		Cycle - Gwen -		Cycle - Gwen -			Cycle - Jaelyn -
6:00 PM	Cycle - Katie -	All Levels Yoga - Marilyn -	Cycle - Katie -	All Levels Yoga - Marilyn -			
7:00 PM	MixedFit - Michele -		Flow Yoga - Ashley -				

VIRTUAL CLASSES

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:00 AM		HIIT - Amanda- *		HIIT - Amanda- *			
9:30 AM	All Levels Yoga - Kalindi -	Pilates - Danielle -		Pilates - Danielle -	Tai Chi - Kalindi -	[10:00am] Core & More - Michele -	Gentle Yoga - Alexis -
11:00 AM		Stretch & Mobility - Ashley -	Stretch & Strengthen - Becky -	Stretch & Mobility - Ashley -	HIIT & Core - Rachel - *		
12:30 PM	Cardio Sculpt - Rachel - *		Cardio Sculpt - Rachel - *		All Levels Yoga - Chelsea -		
4:30 PM		Gentle Yoga - Mimi -					
6:00 PM	NEW Flow Yoga Class Starting Next Week!	MixedFit - Michele -	NEW Flow Yoga Class Starting Next Week!	MixedFit - Michele -			Restorative Yoga - Mimi -