

FAU CAMPUS REC VIRTUAL GROUP FITNESS SCHEDULE

Monday, July 6 – Sunday, August 9

| TIME | MON | TUE | WED | THU | FRI | SAT | SUN |
|-------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|---|------------------------------|
| 8:00 A.M. - 9:00 A.M. | | Cardio Kickboxing - Melissa - | | Cardio Kickboxing - Melissa - | | | |
| 10:00 A.M. - 11:00 A.M. | Gentle Yoga - Finn - | HIIT - Ana - | All Levels Yoga - Finn - | HIIT - Ana - | Stretch & Mobility - Ashley - | HIIT & Core - Michele - | All Levels Yoga - Diana - |
| 12:00 P.M. - 1:00 P.M. | Cardio Sculpt - Rachel - | Barre Sculpt - Lindsey - | Cardio Sculpt - Rachel - | Barre Sculpt - Lindsey - | Cardio & Core - Ashley - | <div>Key</div> <div>■ On Beat - Cardio, Barre</div> <div>■ Strength - Bootcamp, HIIT</div> <div>■ Mind/Body - Yoga, Stretch</div> <div>■ Dance - Zumba, MixxedFit</div> | |
| 4:00 P.M. - 5:00 P.M. | Bodyweight Bootcamp - Shawn - | Power Yoga - Abril - | Bodyweight Bootcamp - Shawn - | Gentle Yoga - Diana - | Power Yoga - Abril - | | |
| 6:00 P.M. - 7:00 P.M. | Zumba - Natalia - | MixxedFit - Michele - | Zumba - Natalia - | MixxedFit - Michele - | | | |

Zoom meeting links for all group fitness classes are only available online through registration via owlrec.fau.edu.

Upon registration, the corresponding Zoom meeting link and meeting ID number will be listed at the bottom of your confirmation email.

Registration opens 24 hours before the start of each class - register online with the link in our Instagram bio - [@faucampusrec](https://www.instagram.com/faucampusrec)

