

# GROUP FITNESS SCHEDULE

CAMPUS RECREATION | BROWARD CAMPUSES

SUMMER 2019

## MONDAY

CARDIO  
SCULPT

CAMPUS REC FACILITY  
12 P.M.

## TUESDAY

## WEDNESDAY

## THURSDAY

CARDIO  
SCULPT

CAMPUS REC FACILITY  
11:45 A.M.

KICKBOXING

LA BREEZEWAY or  
SD 105  
5 P.M.

CIRCUIT  
TRAINING

CAMPUS REC FACILITY  
5:30 P.M.

REGGAE FIT

LA BREEZEWAY OR  
SD105  
5:30 P.M.

YOGA

ES 106 or SD 205  
5:30 P.M.

\*Classes will  
begin May 21<sup>st</sup>  
and run through  
August 2<sup>nd</sup>.

### FORT LAUDERDALE CAMPUS

No Classes will be held this Summer at  
the Fort Lauderdale Campus.

### DANIA BEACH (SEA TECH) CAMPUS

No Classes will be held this Summer at  
the Dania Beach Campus.

SCHEDULE IS SUBJECT TO CHANGE | NO CLASSES ON UNIVERSITY HOLIDAYS