

CAMPUS RECREATION | BOCA RATON CAMPUS

GROUP FITNESS
INTERSESSION SCHEDULE

WEEK 1 / MONDAY, AUG. 5 - FRIDAY, AUG. 9

MONDAY, AUG. 5

CYCLE Noon STUDIO A Ryan	TRX 5:15 p.m. STUDIO B Milly	POWER YOGA 6:15 p.m. STUDIO B Derek
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TUESDAY, AUG. 6

POWER KICKBOXING 6:15 a.m. STUDIO C Melissa	GENTLE YOGA Noon STUDIO C Kalindi	CYCLE 5:15 p.m. STUDIO A Davetta
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WEDNESDAY, AUG. 7

TOTAL STRENGTH Noon STUDIO B Jackie	HIIT 5:15 p.m. STUDIO B Milly	CYCLE 6:15 p.m. STUDIO A Jamie
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THURSDAY, AUG. 8

POWER KICKBOXING 6:15 a.m. STUDIO C Melissa	GENTLE YOGA Noon STUDIO C Kalindi	TOTAL STRENGTH 6:15 p.m. STUDIO B Shawn
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FRIDAY, AUG. 9

ALL LEVELS YOGA Noon STUDIO B Diana		
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WEEK 2 / MONDAY, AUG. 12 - FRIDAY, AUG. 16

MONDAY, AUG. 12

GENTLE YOGA Noon STUDIO C Kalindi	CARDIO SCULPT Noon STUDIO B Rachel	
HIIT 5:15 p.m. STUDIO B Milly	ZUMBA 6:15 p.m. STUDIO B Natalia	

TUESDAY, AUG. 13

POWER KICKBOXING 6:15 a.m. STUDIO C Melissa	HIIT Noon STUDIO B Brittany	
CYCLE 5:15 p.m. STUDIO A Davetta	TOTAL STRENGTH 6:15 p.m. STUDIO B Shawn	

WEDNESDAY, AUG. 14

TOTAL STRENGTH Noon STUDIO B Rachel	RESTORATIVE YOGA 5:15 p.m. STUDIO B Diana	ZUMBA 6:15 p.m. STUDIO B Natalia
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THURSDAY, AUG. 15

POWER KICKBOXING 6:15 a.m. STUDIO C Melissa	BARRE Noon STUDIO B Rachel	STRETCH Noon STUDIO C Angell
CYCLE 5:15 p.m. STUDIO A Camila	TOTAL STRENGTH 5:15 p.m. STUDIO B Shawn	ZUMBA 6:15 p.m. STUDIO B Tressy

FRIDAY, AUG. 16

ALL LEVELS YOGA Noon STUDIO B Diana		
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