

CAMPUS RECREATION | BOCA RATON CAMPUS

GROUP FITNESS
INTERSESSION SCHEDULE

WEEK 1 / MONDAY, DEC. 2 - FRIDAY, DEC. 6

MONDAY, DEC. 2

	CARDIO SCULPT 12:15 p.m. STUDIO C Rachel
HIIT 5:15 p.m. STUDIO C Ashley	CYCLE 6:15 p.m. STUDIO A Lindsey

TUESDAY, DEC. 3

CARDIO KICKBOXING 6:15 a.m. STUDIO C Melissa	ALL LEVELS YOGA 12:15 p.m. STUDIO C Finn
CYCLE 5:15 p.m. STUDIO A Camila	MIXXEDFIT 6:15 p.m. STUDIO C Michele

WEDNESDAY, DEC. 4

	TOTAL STRENGTH 12:15 p.m. STUDIO C Rachel
POWER YOGA 5:15 p.m. STUDIO C Tamera	CYCLE 6:15 p.m. STUDIO A Gabby

THURSDAY, DEC. 5

CYCLE 6:15 a.m. STUDIO A Jamie	CYCLE 12:15 p.m. STUDIO A Brittany
ALL LEVELS YOGA 12:15 p.m. STUDIO C Kalindi	LOWER STRENGTH 6:15 p.m. STUDIO C Ashley

FRIDAY, DEC. 6

	GENTLE YOGA 12:15 p.m. STUDIO C Kalindi
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WEEK 2 / MONDAY, DEC. 9 - FRIDAY, DEC. 13

MONDAY, DEC. 9

CYCLE 12:15 p.m. STUDIO A Jamie	GENTLE YOGA 12:15 p.m. STUDIO C Kalindi
HIIT 5:15 p.m. STUDIO C Milly	MIXXEDFIT 6:15 p.m. STUDIO C Michelle

TUESDAY, DEC. 10

CARDIO KICKBOXING 6:15 a.m. STUDIO C Melissa	HIIT 12:15 p.m. STUDIO C Shawn
CYCLE 5:15 p.m. STUDIO A Gabby	UPPER STRENGTH 6:15 p.m. STUDIO C Ashley

WEDNESDAY, DEC. 11

	TOTAL STRENGTH 12:15 p.m. STUDIO C Shawn
ALL LEVELS YOGA 5:15 p.m. STUDIO C Tamera	ZUMBA 6:15 p.m. STUDIO C Tressy

THURSDAY, DEC. 12

CYCLE 6:15 a.m. STUDIO A Davetta	HIIT 12:15 p.m. STUDIO C Ashley
ALL LEVELS YOGA 5:15 p.m. STUDIO C Marilyn	

FRIDAY, DEC. 13

	ALL LEVELS YOGA 12:15 p.m. STUDIO C Kalindi
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WEEK 3 / MONDAY, JAN. 6 - FRIDAY, JAN. 10

MONDAY, JAN. 6

	CARDIO SCULPT 12:15 p.m. STUDIO C Rachel
HIIT 5:15 p.m. STUDIO C Milly	POWER KICKBOXING 6:15 p.m. STUDIO C Abdel

TUESDAY, JAN. 7

CARDIO KICKBOXING 6:15 a.m. STUDIO C Melissa	ALL LEVELS YOGA 12:15 p.m. STUDIO C Finn
CYCLE 5:15 p.m. STUDIO A Jamie	MIXXEDFIT 6:15 p.m. STUDIO C Michelle

WEDNESDAY, JAN. 8

	TOTAL STRENGTH 12:15 p.m. STUDIO C Rachel
POWER YOGA 5:15 p.m. STUDIO C Rita	MIXXEDFIT 6:15 p.m. STUDIO C Michele

THURSDAY, JAN. 9

CYCLE 6:15 a.m. STUDIO A Jamie	CARDIO SCULPT 12:15 p.m. STUDIO C Rachel
TOTAL STRENGTH 6:15 p.m. STUDIO C Shawn	

FRIDAY, JAN. 10

	ALL LEVELS YOGA 12:15 p.m. STUDIO C Kalindi
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For more information visit: fau.edu/campusrec

Reasonable accommodation should be requested of the event sponsor: Brittany Stephenson at stephensonb2016@fau.edu . 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.

