

FLORIDA ATLANTIC UNIVERSITY

2016

SPRING GROUP FITNESS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Yoga - Alice (6:30 a.m. - 7:30 a.m.)	Cycle 45 - Veaunita (6:30 a.m. - 7:15 a.m.)	HIIT & Core - Kelly (6:30 a.m. - 7:20 a.m.)	Cycle 45 - Veaunita (6:30 a.m. - 7:15 a.m.)	Bootcamp - Dj (6:30 a.m. - 7:20 a.m.)		
	HIIT Xpress - Diana (10:45 a.m. - 11:15 a.m.)			TRX Xpress - Diana (10:45 a.m. - 11:15 a.m.)			
		Dance Fusion - Lee (11 a.m. - 11:50 a.m.)	Cycle 45 - Veaunita (11 a.m. - 11:45 a.m.)		Dance Fusion - Lee (11 a.m. - 11:50 p.m.)	Yoga - Kristen (11 a.m. - 12 p.m.)	
	CoreBlast - Diana (11:30 a.m. - 11:50 a.m.)			CoreBlast - Diana (11:30 a.m. - 11:50 a.m.)			
	Yoga - Christine (12 p.m. - 1 p.m.)	Total Body Strength - Dj (12 p.m. - 12:50 p.m.)	Yoga - Kristen (12 p.m. - 1 p.m.)	Yoga - Alice (12 p.m. - 1 p.m.)	Yoga - Kristen (12 p.m. - 1 p.m.)		
		Yoga - Ariel (1 p.m. - 2 p.m.)			Pilates Fusion - Sabina (1:15 p.m. - 2:05 p.m.)		
	U-Jam® - Lauren (2:30 p.m. - 3:20 p.m.)			Ride & Relax - Ariel (2:30 p.m. - 3:30 p.m.)			
		Zumba - Corenne (3:30 p.m. - 4:20 p.m.)	Pilates - Anne (3:30 p.m. - 4:20 p.m.)				
	Power Kickboxing - Taneshia (4 p.m. - 4:50 p.m.)						Cycle 45 - Jess (4 p.m. - 4:45 p.m.)
		CoreBlast - Taneshia (4:30 p.m. - 4:50 p.m.)	HIIT & Core - Jasmine S (4:30 p.m. - 5:20 p.m.)	Dance Fusion - Gigi (4:30 p.m. - 5:20 p.m.)			
	Cycle 45 - Veaunita (4:45 p.m. - 5:30 p.m.)	Cycle 45 - Jasmine D (4:45 p.m. - 5:30 p.m.)	Cycle 45 - Lauren (4:45 p.m. - 5:30 p.m.)				
	CoreBlast - Taneshia (5 p.m. - 5:20 p.m.)	Power Kickboxing - Taneshia (5 p.m. - 5:50 p.m.)					U-Jam® - Lauren (5 p.m. - 5:50 p.m.)
	TRX Blast - Lindsay (5:30 p.m. - 6:20 p.m.)		Yoga - Stacey (5:30 p.m. - 6:20 p.m.)	CoreBlast - Jasmine S (5:30 p.m. - 5:50 p.m.)			
	Bootcamp - Veaunita (5:45 p.m. - 6:35 p.m.)		Bootcamp - DJ (5:45 p.m. - 6:35 p.m.)				
		Total Body Strength - Jasmine D (6 p.m. - 6:50 p.m.)		TRX Blast - Jasmine S (6:00 p.m. - 6:50 p.m.)			
		Cycle 45 - Sabina (6:15 p.m. - 7 p.m.)		Cycle 45 - Sabina (6:15 p.m. - 7 p.m.)			
	Zumba - Crystal (6:30 p.m. - 7:20 p.m.)		Zumba - Corenne (6:30 p.m. - 7:20 p.m.)		STUDIO A	CARDIO/STRENGTH FUSION	CARDIO & DANCE
		CoreBlast - Jasmine D (7 p.m. - 7:20 p.m.)		Total Body Strength - Kelly (7 p.m. - 7:50 p.m.)	STUDIO B	MIND & BODY	CYCLING
	HIIT & Core - Kelly (7:30 p.m. - 8:20 p.m.)	Dance Fusion - GiGi (7:30 p.m. - 8:20 p.m.)	CoreBlast - Deena (7:30 p.m. - 7:50 p.m.)		STUDIO C	STRENGTH & CORE	
			Power Kickboxing - Deena (8 p.m. - 8:50 p.m.)	Yoga - Rita (8 p.m. - 9 p.m.)	OUTSIDE		
	Yoga - Rita (8:30 p.m. - 9:30 p.m.)	Yoga - Rita (8:30 p.m. - 9:30 p.m.)					

