

GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><p>CIRCUIT TRAINING</p><p>12:30 P.M.</p><p>DAVIE CAMPUS REC FACILITY</p><p>30 MIN</p></div>	<div><p>CARDIO SCULPT</p><p>12 P.M.</p><p>DAVIE CAMPUS REC FACILITY</p><p>30 MIN</p></div>	<div><p>CARDIO SCULPT</p><p>12 P.M.</p><p>DAVIE CAMPUS REC FACILITY</p><p>45 MIN</p></div>	<div><p>ZUMBA</p><p>12 P.M.</p><p>SD 105 OR LA BREEZEWAY</p><p>45 MIN</p></div>	<div><p>YOGA</p><p>12:30 P.M.</p><p>ES 119 OR SD 105</p><p>45 MIN</p></div>
<div><p>KICKBOXING</p><p>5 P.M.</p><p>SD 105 OR LA BREEZEWAY</p><p>60 MIN</p></div>	<div><p>CIRCUIT TRAINING</p><p>5:15 P.M.</p><p>DAVIE CAMPUS REC FACILITY</p><p>60 MIN</p></div>	<div><p>CIRCUIT TRAINING</p><p>5 P.M.</p><p>DAVIE CAMPUS REC FACILITY</p><p>60 MIN</p></div>	<div><p>CIRCUIT TRAINING</p><p>5:15 P.M.</p><p>DAVIE CAMPUS REC FACILITY</p><p>60 MIN</p></div>	<div><p>FORT LAUDERDALE CAMPUS</p><p>TUESDAYS</p><p>YOGA</p><p>5 P.M.</p><p>HE 713</p><p>60 MIN</p></div>
	<div><p>YOGA</p><p>6 P.M.</p><p>SD 105 OR ES 122</p><p>60 MIN</p></div>	<div><p>REGGAE FIT</p><p>6 P.M.</p><p>SD 105 OR ES 119</p><p>60 MIN</p></div>		<div><p>SEATECH/ DANIA BEACH CAMPUS</p><p>WEDNESDAYS</p><p>YOGA</p><p>1 P.M.</p><p>AUDITORIUM ST-250</p><p>60 MIN</p></div>

FALL 2018

For more information please contact:  
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**Broward Campuses**  
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**SCHEDULE DATES:**  
**August 27 – November 30**  
NO CLASSES ON UNIVERSITY HOLIDAYS  
*\*Yoga will start September 4<sup>th</sup>*

