

FALL GROUP FITNESS

TIME

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Total Body Strength
6:30 a.m. | 50 minutes
DAMIEN

HIIT & Core
6:30 a.m. | 50 minutes
LINDSAY S.

Total Body Strength
6:30 a.m. | 50 minutes
KELLY

Yoga
6:30 a.m. | 60 minutes
ALI

Cycle & Core
6:30 a.m. | 50 minutes
VEAUNITA



Yoga
9 a.m. | 60 minutes
SAVANA

Cycle
9 a.m. | 45 minutes
JESSICA

Yoga
9 a.m. | 60 minutes
SAVANA

Cycle
9 a.m. | 45 minutes
JESSICA

Total Body Strength
11 a.m. | 50 minutes
VEAUNITA

Yoga
11 a.m. | 60 minutes
KRISTEN

Cycle
11 a.m. | 45 minutes
KATIE

Yoga
11 a.m. | 50 minutes
DANIELA

Yoga
Noon | 50 minutes
KRISTEN

Yoga
11 a.m. | 50 minutes
DANIELA



Yoga
Noon | 60 minutes
CHRISTINE

Cycle & Core
Noon | 50 minutes
LAUREN

Dance Fusion
1 p.m. | 50 minutes
LEE

Total Body Strength
Noon | 50 minutes
JENNIFER

Yoga
Noon | 50 minutes
ARIEL

Yoga
5:30 p.m. | 60 minutes
ALI

Total Body Strength
4:30 p.m. | 50 minutes
NICOLE

Pilates Fusion
1 p.m. | 50 minutes
JENNIFER

Pilates
4 p.m. | 50 minutes
ANNE

Pilates Core
1 p.m. | 30 minutes
JENNIFER

Cycle
1 p.m. | 45 minutes
PAIGE

Zumba
5:30 p.m. | 50 minutes
CORENNE

Power Kickboxing
1 p.m. | 50 minutes
JENNIFER

Dance Fusion
5 p.m. | 50 minutes
GIGI

Ride & Relax
4 p.m. | 50 minutes
ARIEL

Yoga
4 p.m. | 60 minutes
ALI

Cycle
6 p.m. | 45 minutes
PAIGE

Cycle
5:15 p.m. | 45 minutes
ARIEL

Cycle
5:15 p.m. | 45 minutes
LAUREN

TRX
5 p.m. | 50 minutes
LINDSAY

Boot Camp
6:15 p.m. | 50 minutes
DJ

CoreBlast
5:30 p.m. | 20 minutes
KELLY

Yoga
6 p.m. | 50 minutes
STACEE

Cycle
5:30 p.m. | 45 minutes
KATIE

Core Blast
6:30 p.m. | 20 minutes
DIANE

HIIT & Core
6 p.m. | 50 minutes
KATIE

Bootcamp
6:15 p.m. | 50 minutes
DAMIEN

Zumba
6 p.m. | 50 minutes
ANNA



TRX
7 p.m. | 50 minutes
DIANE

Cycle
6:30 p.m. | 45 minutes
PAIGE

HIIT & Core
7 p.m. | 45 minutes
KATIE

Bootcamp
6:15 p.m. | 50 minutes
DJ

Cycle
7:15 p.m. | 45 minutes
JESSICA

Zumba
7 p.m. | 50 minutes
GIGI

Powerkicking
8 p.m. | 50 minutes
LAUREN

Yoga
7 p.m. | 50 minutes
RITA

Dance Fusion
8 p.m. | 50 minutes
GIGI

Yoga
8 p.m. | 60 minutes
RITA

Dance Fusion
8 p.m. | 50 minutes
LEE

KEY

STRENGTH & CORE

MIND & BODY

CARDIO & DANCE

CYCLING

STUDIO A

STUDIO B

STUDIO C

For more information please contact:

FAU Campus Recreation
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