

GROUP FITNESS SCHEDULE

CAMPUS RECREATION | BOCA RATON CAMPUS

JANUARY 9 - APRIL 23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:15 A.M.			
CYCLE 45 MIN. STUDIO A ERIN	CYCLE 45 MIN. STUDIO A KATIE	CYCLE 45 MIN. STUDIO A ERIN	CYCLE 45 MIN. STUDIO A KATIE
12:15 P.M.			
			CYCLE 45 MIN. STUDIO A ALYSSA
BOXING BOOTCAMP 45 MIN. STUDIO C PAT	BOXING BOOTCAMP 45 MIN. STUDIO C PAT	BOXING BOOTCAMP 45 MIN. STUDIO C PAT	BOXING BOOTCAMP 45 MIN. STUDIO C JOE
4:00 P.M.			
	CYCLE 45 MIN. STUDIO A DEME		
ALL LEVELS YOGA 60 MIN. STUDIO B KALINDI			
		BOXING BOOTCAMP 45 MIN. STUDIO C MIA	
5:15 P.M.			
CYCLE 45 MIN. STUDIO A ALYSSA	CYCLE 45 MIN. STUDIO A ALYSSA	CYCLE 45 MIN. STUDIO A ALYSSA	CYCLE 45 MIN. STUDIO A JULIANA
BARRE 45 MIN. STUDIO B TAMARA	REGGAE FIT 45 MIN. STUDIO B		
BOXING BOOTCAMP 45 MIN. STUDIO C JOE	ALL LEVELS YOGA 60 MIN. STUDIO C MARY	ALL LEVELS YOGA 60 MIN. STUDIO C ANGELIQUE	
6:15 P.M.			
CYCLE 45 MIN. STUDIO A LAELANI	CYCLE 45 MIN. STUDIO A ANA		CYCLE 45 MIN. STUDIO A TAMERA
PILATES 45 MIN. STUDIO B TAMARA	PILATES 45 MIN. STUDIO B TAMARA	ALL LEVELS YOGA 60 MIN. STUDIO B ALEXIS	REGGAE FIT 45 MIN. STUDIO B
		MINDFULNESS - KARATE 60 MIN. STUDIO C ATHINA	
7:30 P.M.			
CYCLE 45 MIN. STUDIO A HAILEY	CYCLE 45 MIN. STUDIO A JULIANA	CYCLE 45 MIN. STUDIO A JULIANA	CYCLE 45 MIN. STUDIO A HAILEY
	BOXING BOOTCAMP 45 MIN. STUDIO C LAELANI		ALL LEVELS YOGA 60 MIN. STUDIO C TAMERA

FRIDAY	SATURDAY	SUNDAY
10:00 A.M.		
CYCLE 45 MIN. STUDIO A JULIANA		
12:15 P.M.		
BOXING BOOTCAMP 45 MIN. STUDIO C DAMIEN		

KEY

RECREATION & FITNESS CENTER (RC-91)
STUDIO A
STUDIO B
STUDIO C

CLASS FORMATS

- DANCE - REGGAE FIT
- CARDIO - CYCLE
- SCULPT - BARRE, PILATES
- HIIT - BOXING BOOTCAMP
- MIND/BODY - YOGA, MINDFULNESS-KARATE

BE ON THE LOOKOUT FOR OUR SPECIALTY CLASSES



SCAN QR CODE
TO REGISTER
FOR CLASSES