



October 2018

FAU CAMPUS RECREATION BROWARD CAMPUSES

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	1 Circuit Training 12:30-1pm Campus Rec Kickboxing 5-6pm LA Breezeway	2 Cardio Sculpt 12- 12:30pm Campus Rec Circuit Training 5:15-6:15pm Campus Rec Yoga 6-7pm ES 122	3 Cardio Sculpt 12- 12:45pm Campus Rec Circuit Training 5-6pm Campus Rec Reggae Fit 6-7pm ES 119	4 Zumba 12-12:45pm LA Breezeway Circuit Training 5:15-6:15pm Campus Rec	5 Yoga 12:30-1:15pm ES119	6
	7	8 Circuit Training 12:30-1pm Campus Rec Kickboxing 5-6pm SD 105	9 Cardio Sculpt 12- 12:30pm Campus Rec Circuit Training 5:15-6:15pm Campus Rec Yoga 6-7pm SD 105	10 Cardio Sculpt 12- 12:45pm Campus Rec Circuit Training 5-6pm Campus Rec Reggae Fit 6-7pm SD 105	11 Zumba 12-12:45pm SD 105 Circuit Training 5:15-6:15pm Campus Rec	12 Yoga 12:30-1:15pm SD 105
	14	15 Circuit Training 12:30-1pm Campus Rec Kickboxing 5-6pm SD 105	16 Cardio Sculpt 12- 12:30pm Campus Rec Circuit Training 5:15-6:15pm Campus Rec Yoga 6-7pm SD 105	17 Cardio Sculpt 12- 12:45pm Campus Rec Circuit Training 5-6pm Campus Rec Reggae Fit 6-7pm ES 119	18 Zumba 12-12:45pm LA Breezeway Circuit Training 5:15-6:15pm Campus Rec	19 Yoga 12:30-1:15pm ES 119
	21	22 Circuit Training 12:30-1pm Campus Rec Kickboxing 5-6pm LA Breezeway	23 Cardio Sculpt 12- 12:30pm Campus Rec Circuit Training 5:15-6:15pm Campus Rec Yoga 6-7pm ES 122	24 Cardio Sculpt 12- 12:45pm Campus Rec Circuit Training 5-6pm Campus Rec Reggae Fit 6-7pm SD 105	25 Zumba 12-12:45pm LA Breezeway Circuit Training 5:15-6:15pm Campus Rec	26 Yoga 12:30-1:15pm ES 119
28	29 Circuit Training 12:30-1pm Campus Rec Kickboxing 5-6pm SD 105	30 Cardio Sculpt 12- 12:30pm Campus Rec Circuit Training 5:15-6:15pm Campus Rec Yoga 6-7pm SD 105	31 Cardio Sculpt 12- 12:45pm Campus Rec Circuit Training 5-6pm Campus Rec Reggae Fit 6-7pm SD 105			

Gym Hours: MON - THR 7 a.m. - 8 p.m. | FRI 7 a.m. - 5 p.m. | SAT 9 a.m. – 2 p.m. | SUN Closed