

# FAU CAMPUS REC VIRTUAL GROUP FITNESS SCHEDULE

Tuesday, May 26 – Sunday, June 28

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:00 A.M. - 9:00 A.M.		Cardio Kickboxing - Melissa -		Cardio Kickboxing - Melissa -			
10:00 A.M. - 11:00 A.M.	Gentle Yoga - Finn -	HIIT - Ashley -	All Levels Yoga - Finn -	Cardio & Core - Ashley -	Stretch & Mobility - Ashley -	HIIT & Core - Michele -	All Levels Yoga - Tamera -
12:00 P.M. - 1:00 P.M.	Cardio Sculpt - Rachel -		Cardio Sculpt - Rachel -		Bodyweight Bootcamp - Ashley -	<b>Key</b> <div>■ Strength - Cardio, Bootcamp</div> <div>■ Dance - Zumba, MixxedFit</div> <div>■ HIIT, Core, Barre, Pilates</div> <div>■ Mind/Body - Yoga, Stretch</div>	
4:00 P.M. - 5:00 P.M.	Pilates - Marilyn -	Power Yoga - Abril -	Barre Sculpt - Lindsey -	Gentle Yoga - Diana -			
6:00 P.M. - 7:00 P.M.	Zumba - Tressy -	MixxedFit - Michele -	Zumba - Tressy -	Zumba - Natalia -			

Zoom meeting links for all group fitness classes are only available online through registration via [owlrec.fau.edu](http://owlrec.fau.edu).

Upon registration, the corresponding Zoom meeting link and meeting ID number will be listed at the bottom of your confirmation email.

Registration opens 24 hours before the start of each class - register online with the link in our bio

