

# Winter 2020 Group Fitness Schedule

Classes run January 6 – April 5

Classes subject to change. Visit [ubc.ca/fit](http://ubc.ca/fit) for current schedule.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Flow Yoga</b> Josee 9-10am	<b>Cardio &amp; Strength Circuit</b> Maria 9.45-10.30am	<b>Cardio &amp; Core</b> Joella 9.30-10.15am			<b>Rise &amp; Shine Yoga</b> Bree 9-10am	
			<b>Spin</b> Joella 11.15-12.00pm		<b>Spin &amp; Strength</b> Part 1: Spin Maria 10-10.30am	<b>Spin &amp; Strength</b> Part 1: Spin Malcolm 10-10.30am
					<b>Spin &amp; Strength</b> Part 2: Strength Maria 10.40-11.20am	<b>Spin &amp; Strength</b> Part 2: Strength Malcolm 10.40-11.20am
<b>Staff &amp; Faculty Yoga</b> Nikki 12.05-12.55	<b>Bums &amp; Tums</b> Joella 12.05-12.55pm	<b>TRX Circuit Workout</b> Rhonda 12.05-12.35pm	<b>Power Yoga</b> Nikki 12.05.12.55pm	<b>Gentle Flow Yoga</b> Randy 12.05-12.55pm		
<b>Sweat &amp; Sculpt</b> Nikki 1.05-1.50pm	<b>Spin 45</b> Joella 1.05-1.50pm	<b>BAM</b> (booty, abs & more) Rhonda 12.45-1.30pm	<b>Sweat &amp; Sculpt</b> Nikki 1.05-1.50pm	<b>Total Body Tone</b> Randy 1.05-1.45pm		
	<b>Vinyasa Yoga</b> Randy 4.30-5.30pm	<b>Bums &amp; Tums</b> Nikki 4.30-5.30pm	<b>Quick Fit Circuit</b> Randy 4.30-5.15pm			
<b>Spun Out Spin</b> Maria 5.45-6.30pm	<b>Sweat &amp; Sculpt</b> Randy 5.40-6.30	<b>Rocket Yoga</b> Nikki 5.45-7.15pm	<b>Vinyasa Yoga</b> Randy 5.30-6.30pm			
<b>Jungle Gym Bootcamp</b> Malcolm 6.30-7.30pm	<b>Spin 45</b> Randy 6.40-7.25pm		<b>Spin 45</b> Randy 6.40-7.25pm			
<b>Power Yoga</b> Josee 7.30-8.30pm						

