

Summer 2021 Group Fitness Schedule

All UBCO Recreation Fitness Classes are held Virtual

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Flow Yoga Josee 8:00-9:00am		
		Bootcamp Maria 9:00-10:00am				
						New May 16 & 30 Sweat & Flow Josee & Maria 10:00-11:00am
	Faculty & Staff Strength Maria 12:15-1:00pm		Faculty & Staff Strength Maria 12:15-1:00pm			
Bums & Tums Maria 2:30-3:30pm	Cardio & Core Maria 1:00-2:00pm		Cardio & Core Maria 1:00-2:00pm			
	Vinyasa Yoga Bree 6:00-7:00pm	Vinyasa Yoga Bree 6:00-7:00pm				
Flow Yoga Josee 7:00-8:00pm						

Classes may be cancelled if attendance is low.

April 26 2021