

F45 SCHEDULE

SPRING 2019

JANUARY 7- APRIL 28

MONDAY

6:30 - 7:15 AM
Kelcie + Dylan

12:15 - 1:00 PM
Savannah + Cade

5:30 - 6:15 PM
Kelcie + Gabby

TUESDAY

6:30 - 7:15 AM
Martin+ Winston

12:15 - 1:00 PM
Skip + Martin

5:30 - 6:15 PM
Martin + Winston

WEDNESDAY

6:30 - 7:15 AM
Gabby + Kelcie

12:15 - 1:00 PM
Denzel + Cade

5:30 - 6:15 PM
Gabby + Brandon

THURSDAY

6:30 - 7:15 AM
Winston + Kelcie

12:15 - 1:00 PM
Skip + Martin

5:30 - 6:15 PM
Brandon + Winston

FRIDAY

6:30 - 7:15 AM
Gabby + Dylan

12:15 - 1:00 PM
Denzel + Savannah

5:30 - 6:15 PM
Gabby + Brandon

SATURDAY

9:00 - 10:00 AM
Winston

Remember that you will need a little time before each class to set up,
and we will be setting up for the next days class after each workout.



UNIVERSITY
RECREATION

The University of Alabama at Birmingham

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