

UFit SCHEDULE

August 23 - December 12

MON

12 pm - 1 pm

TurboKick
Studio 2
Zorica

4 pm - 5 pm

Bootcamp
Studio 4
D'Angelo

5:30 pm - 6:30 pm

Power Yoga
Studio 2
Shawn

5:30 pm - 6:30 pm

Zumba
Studio 1
Martin

TUE

9 am - 10 am

Cardio Kickboxing
Studio 2
Retta

5:30 pm - 6:30 pm

Total Body Conditioning
Virtual
Aquila

7 pm - 8 pm

Yoga
Virtual
Prema

WED

7 am - 8 am

Pranayama
Virtual
Prema

4 pm - 5 pm

Bootcamp
Studio 4
D'Angelo

5:30 pm - 6:30 pm

Yoga Flow
Studio 2
Steve

5:30 pm - 6:30 pm

STRONG Nation
Studio 1
Martin

7 pm - 8 pm

Buti Yoga
Studio 2
Jasmine

THU

8 am - 9 am

Yoga
Virtual
Elexia

9 am - 10 am

Cardio Kickboxing
Studio 2
Retta

11 am - 12pm

Fitbarre
Studio 1
Zorica

5:30 pm - 6:30 pm

Total Body Conditioning
Virtual
Aquila

7 pm - 8 pm

Yoga
Virtual
Prema

SAT

9 am - 10 am

Power Yoga
Studio 2
Steve

Class Categories
Color Key

	Dance Inspired
	Cardio Strength
	Mind Body
	Barre Inspired

ALL UFit classes
are FREE to attend!



Join any of our Virtual
classes by scanning
this QR Code.

