

UFit Schedule

SPRING 2021

CLASS SCHEDULE: JANUARY 19 - APRIL 23

MIND & BODY

BARRE-INSPIRED

DANCE-INSPIRED

CARDIO-STRENGTH

CYCLING

VIRTUAL

MON

CIRCUIT

8:00a-8:30a
Virtual | Martin

CAPOEIRA

12:00p-12:45p
Studio 2 | Fabio

CORE-FOCUS

12:15p-12:45p
Virtual | Anne

ZUMBA

5:30p-6:30p
Studio 2 | Martin

DANCE FITNESS

5:30p-6:30p
Studio 4 | Katherine

TUE

STRONG

8:00a-9:00a
Virtual | Martin

YOGA

8:00a-9:00a
Studio 2 | Elexia

CARDIO KICKBOXING

9:00a-9:45a
Virtual | Retta

FIT BARRE

11:00a-12:00p
Studio 2 | Zorica

VINYASA YOGA

4:00p-4:45p
Virtual | Cheyenne

BOOTCAMP

5:30p-6:30p
Studio 2 | De'Angelo

**TOTAL BODY
CONDITIONING**

5:30p-6:30p
Virtual | Aquilla

HIP HOP

6:30p-7:30p
Virtual | Alesha

HIP HOP

6:30p-7:30p
Studio 4 | Candace

WED

CIRCUIT

8:00a-8:30a
Virtual | Martin

CAPOEIRA

12:00p-12:45p
Studio 2 | Fabio

HIIT45

6:30p-7:15p
Studio 4 | Savannah

BUTI YOGA

7:00p-8:00p
Studio 2 | Jasmine

THUR

STRONG

8:00a-9:00a
Virtual | Martin

YOGA

8:00a-9:00a
Studio 2 | Elexia

CARDIO KICKBOXING

9:00a-9:45a
Virtual | Retta

BOOTCAMP

5:30p-6:30p
Studio 2 | De'Angelo

**TOTAL BODY
CONDITIONING**

5:30p-6:30p
Virtual | Aquilla

FRI

CIRCUIT

8:00a-8:30a
Virtual | Martin

SAT

STRONG

8:00a-9:00a
Virtual | Martin

*In-Person UFit classes require Pre-Registration, which can be done via the UAB Campus Recreation Mobile App, or the URec Member Online Portal.

All UFit classes are subject to change.*

For everyone's safety, we have increased cleaning and sanitation between classes. We've also established Activity Spaces and set maximum capacity for each class to allow for proper social distancing guidelines.



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Access
Member Portal