



MAY 2021 SCHEDULE

MON

MARTIN
6:15a-7:00a

ZORICA
12:00p-12:45p

ALEX + DOMINIQUE
5:30p-6:15p

TUE

LIA
6:15a-7:00a

ALEX + DOMINIQUE
5:30p-6:15p

WED

LIA
6:15a-7:00a

CHRISTY + DOMINIQUE
5:30p-6:15p

THUR

LIA
6:15a-7:00a

ZORICA
12:00p-12:45p

DOMINIQUE + SAVANNAH
5:30p-6:15p

FRI

MARTIN
6:15a-7:00a

ZORICA
12:00p-12:45p

DOMINIQUE
5:30p-6:15p

SAT

DOMINIQUE
9:00a-9:45a

SCAN HERE TO FIND OUT MORE ABOUT OUR F45!



MONDAY, WEDNESDAY, AND FRIDAY:
CARDIO-BASED WORKOUTS
TUESDAY AND THURSDAY:
STRENGTH-BASED WORKOUTS

UAB
UNIVERSITY RECREATION

The University of Alabama at Birmingham



SIGN UP AT MEMBER SERVICES, IN-APP, OR ONLINE