

UFit SCHEDULE

August 23 - December 13

MON

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

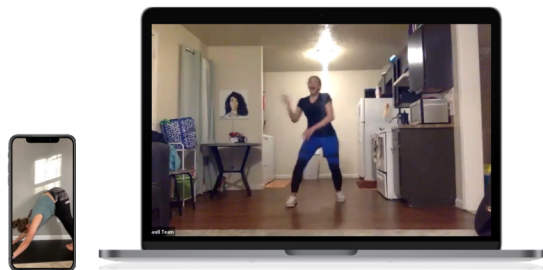
SAT

9 am - 10 am

Power Yoga
Studio 2
Steve

Class Categories
Color Key

	Dance Inspired
	Cardio Strength
	Mind Body
	Barre Inspired



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

ALL **UFit** classes are **FREE** to attend!