

Virtual Group Fitness

March 30 - April 12

MONDAY

Core
with Madi
9:00am-9:30am

Bodyweight
Conditioning
with Nicole
12:00pm-12:30pm

Kickboxing
with Allison
5:00pm-5:30pm

TUESDAY

Total Body Sculpt
(with water bottles)
with Gabby
9:00am-9:30am

Restorative Yoga
with Zoe
12:00pm-12:30pm

Bodyweight HIIT
with Makenzie
5:00pm-5:30pm

WEDNESDAY

Vinyasa Yoga
with Darcy
9:00am-9:30am

Bodyweight HIIT
with Ella
12:00pm-12:30pm

Core
with Brett
5:00pm-5:30pm

THURSDAY

Total Body Sculpt
with Heidi
9:00am-9:30am

At-Home Core
Builder
with Alex
12:00pm-12:30pm

Yoga for
Beginners
with Bryce
5:00pm-5:30pm

FRIDAY

Sunrise Yoga
with Aniya
9:00am-9:30am

Couch to
Calisthenics
with Morgan
12:00pm-12:30pm

Bodyweight HIIT
with Sara
5:00pm-5:30pm

SATURDAY

Bootcamp
with Tanika
9:00am-9:30am

SUNDAY

Vinyasa Yoga
with Calisse
5:00pm-5:30pm

THESE CLASSES WILL BE TAUGHT IN A PRIVATE FACEBOOK GROUP AVAILABLE FOR ALL UK STUDENTS, FACULTY & STAFF

[REQUEST ACCESS TO VIRTUAL GROUP FITNESS CLASSES HERE](#)