

Group Exercise : UREC Fest Schedule

FORMAT	Class Time	Location
Boxing	7:15 - 7:45 p.m.	Group Ex Studio 1
Stength	8:30 - 9 p.m.	Group Ex Studio 1
Cycle	7:30 - 8 p.m. 8:15 - 8:45 p.m. 9 - 9:30 p.m.	Cycle Studio
Pilates	8 - 8:30 p.m.	Mind Body Studio 1
Yoga	8:45 - 9:15 p.m. 9:30 - 10 p.m.	Mind Body Studio 1
Barre	7:15 - 7:45 p.m. 8:15 - 8:45 p.m. 9:15 - 9:45 p.m.	Mind Body Studio 2