

Group Exercise : UREC Fest Schedule

FORMAT	Class Time	Location
Boxing	9:35 p.m. - 9:55 p.m. 10:35 p.m. - 10:55 p.m.	Group Ex Studio 1
HIIT	10: 05 p.m. - 10:25 p.m.	Group Ex Studio 1
Dance	9:30 p.m. - 9:50 p.m. 10:00 p.m. - 10:20 p.m.	Group Ex Studio 2
Core	10:30 p.m. - 10:50 p.m.	Group Ex Studio 2
Cycle	9:15 p.m. - 9:35 p.m. 9:45 p.m. - 10:05 p.m. 10:15 p.m. - 10:35 p.m. 10:45 p.m. - 11:05 p.m.	Cycle Studio
Pilates	9:20 p.m. - 9:40 p.m. 10:20 p.m. - 10:40 p.m.	Mind Body Studio 1
Yoga	9:50 p.m. - 10:10 p.m. 10:50 p.m. - 11:10 p.m.	Mind Body Studio 1
Barre	9:15 p.m. - 9:35 p.m. 9:45 p.m. - 10:05 p.m. 10:15 p.m. - 10:35 p.n.	Mind Body Studio 2
Restorative	10:45 p.m. - 11:05 p.m.	Mind Body Studio 2