



# UNIVERSITY of VIRGINIA

## Intramural-Recreational Sports

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>M O R N I N G</b>	6:15am-7:15am Cycle Strength NGRC C	6:15am-7:15am Cycle AFC C	6:15am-7:15am Barre Connect AFC 2	6:15am-7:15am Cycle Strength NGRC C	6:30am-7:30am Ashtanga Yoga NGRC 3	9:30am-10:30am Cycle NGRC C	9:00am-12:00pm Ashtanga Yoga NGRC 3
	6:30am-9:30am Ashtanga Yoga NGRC 3	6:30am-9:30am Ashtanga Yoga NGRC 3	6:30am-9:30am Ashtanga Yoga NGRC 3	6:30am-9:30am Ashtanga Yoga NGRC 3	7:30am-9:30am Led Primary Ashtanga NGRC 3	10:00am-11:00am Gentle Yoga NGRC 3	
	9:30am-10:30am Beg. Ashtanga NGRC 3	7:00am-7:45am HIIT AFC 4	9:30am-10:30am Beg. Ashtanga NGRC 3	7:00am-8:00am Power Yoga AFC 2			
		9:30am-10:30am Beg. Ashtanga NGRC 3		9:30am-10:30am Beg. Ashtanga NGRC 3			
				9:00am-9:45am Strength & Stretch AFC 2			
<b>M I D D A Y</b>	12:00pm-12:45pm Cycle AFC C		12:00pm-1:00pm Vinyasa Yoga AFC 1	12:00pm-1:00pm Yoga Flow AFC 1	12:00pm-12:45pm Cycle AFC Cycle		
	12:00pm-1:00pm Yoga Flow NGRC 3		12:00pm-1:00pm Yoga Flow NGRC 3		12:00pm-1:00pm Vinyasa Yoga AFC 1		
					12:00pm-1:00pm Barre Connect AFC 2		
<b>E V E N I N G</b>	4:30pm-5:15pm HABIT AFC 4	4:30pm-5:15pm Kettlebell AFC 4	4:30pm-5:15pm Cycle AFC C	4:30pm-5:30pm Power Yoga AFC 1	4:30pm-5:15pm HABIT AFC 4		4:30pm-5:30pm Cycle AFC C
	5:30pm- 6:15pm POUND AFC 2	4:30pm-5:30pm Power Yoga AFC 1	4:30pm-5:30pm Yoga Flow AFC 1	4:45pm-5:30pm Total Body Strength AFC 4	4:30pm-5:30pm Yoga Flow AFC 1		6:45pm-7:45pm Yoga Flow AFC 1
	5:30pm- 6:15pm Cycle AFC C	5:45pm-6:45pm Ashtanga Yoga AFC 1	5:45pm-6:30pm HIIT AFC 2	4:45pm-5:15pm Beginner Cycle NGRC C	5:45pm-6:45pm Fitness Friday AFC 1, 4 or C		7:45pm-8:45pm Zumba AFC 4
	5:45pm-6:30pm X Fit AFC 4	5:45pm-6:45pm Step Up AFC 4	5:45pm-6:45pm Cy-Yo NGRC 3	5:15pm-6:00pm HIIT AFC 2	<p align="center"><b>Spring 2018 Group Exercise</b> Jan 15- May 11 Visit <a href="http://recsports.virginia.edu/GXSchedule">recsports.virginia.edu/GXSchedule</a> for instructors and class schedule updates</p> <p align="center"><b>Location Key</b> AFC= Aquatic &amp; Fitness Center AFC 1, 2, 3 &amp; Pool are on the lower level AFC 4 &amp; C are on the top level</p> <p align="center"><b>NGRC= North Grounds Recreation Center</b> NGRC 1 &amp; C are on the main level NGRC 3 is on the top level</p> <p align="center">Group Ex passes are required.</p>		
	6:45pm-7:45pm Pilates NGRC 3	5:45pm-6:45pm Cycle NGRC C	6:45pm-7:45pm Cycle Strength NGRC C	5:45pm-6:45pm Zumba AFC 4			
	6:45pm-7:45pm Cycle NGRC C	6:45pm-7:45pm Barre Connect NGRC 3	6:45pm-7:45pm Yoga Sculpt AFC 2	6:00pm-6:50pm Aqua Interval AFC Pool			
	6:45pm-7:45pm Kickboxing AFC 2	7:00pm-7:55pm Total Body Sculpt AFC 4	6:45pm-7:45pm Zumba AFC 4	8:00pm-9:00pm CSC Night Yoga AFC 1			
	6:45pm-8:00pm Yoga Flexible AFC 1	8:00pm-9:00pm CSC Night Yoga AFC 1	8:00pm-9:00pm CSC Night Yoga AFC 1				
	8:00pm-9:00pm Bootcamp AFC 4	8:05pm-9:05pm 30/20/10 AFC 4	8:00pm-9:00pm Turbokick AFC 4				