



UNIVERSITY of VIRGINIA

Intramural-Recreational Sports

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
M O R N I N G	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-9:30am Ashtanga Yoga NGRC 3	9:30am-10:30am Cycle AFC 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	9:30am-10:30am Beg. Ashtanga 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 Yoga AFC 2			
		9:00am-9:45am Turbokick AFC 2		9:00am-9:45am Strength & Stretch AFC 2			
		9:30am-10:30am Beg. Ashtanga NGRC 3		9:30am-10:30am Beg. Ashtanga NGRC 3			
M I D D A Y	12:00pm-12:45pm Cycle AFC C	12:00pm-1:00pm Core Strength AFC 1	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 Power Yoga NGRC 3	12:00pm-1:00pm Yoga Flow NGRC 3	12:00pm-1:00pm Pilates NGRC 3	12:00pm-1:00pm Yoga Flow AFC 1		
					12:00pm-1:00pm Barre Connect AFC 2		
E V E N I N G	4:30pm-5:30pm HABIT AFC 4	4:30pm-5:30pm Kettlebell AFC 4	4:30pm-5:30pm Power Yoga AFC 1	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 Cycle AFC C	4:30pm-5:30pm Cycle AFC C	5:45pm-6:30pm HIIT AFC 4	5:15pm-6:30pm HIIT AFC 4	4:30pm-5:30pm Yoga Flow AFC 1		5:45pm-6:45pm Zumba Toning AFC 2
	5:30pm-6:30pm Deep Release Yoga AFC 1	5:15pm-6:30pm Core Strength AFC 2	5:45pm-6:45pm Cy-Yo NGRC 3	5:45pm-6:45pm Zumba AFC 2	5:45pm-6:30pm Fitness Friday AFC 1, 4 or C		6:45pm-7:45pm Yoga Flow AFC 1
	5:45pm-6:30pm X Fit AFC 4	5:45pm-6:45pm Step Up AFC 4	5:45pm-6:45pm Gentle Yoga AFC 1	6:00pm-6:50pm Aqua Interval AFC Pool	<p>Group Exercise Aug 21-Dec 15 recsports.virginia.edu/GXSchedule for instructors and updates</p> <p>Location Key AFC= Aquatic & Fitness Center AFC 1, 2, 3 & Pool are on the lower level AFC 4 & cycle are on the top level</p> <p>NGRC= North Grounds Recreation Center NGRC 1 is on the main level NGRC 3 is on the top level</p>		
	5:45pm-6:45pm Ashtanga Yoga NGRC 3	5:45pm-6:45pm Ashtanga Yoga AFC 1	6:00pm-7:00pm Deep Water Running AFC Pool	6:45pm-7:30pm POUND AFC 2			
	6:45pm-7:45pm Pilates NGRC 3	5:45pm-6:45pm Cycle Strength NGRC C	6:45pm-7:45pm Pilates NGRC 3	6:45pm-7:45pm Yoga Flow AFC 1			
	6:45pm-7:45pm Kickboxing AFC 2	6:45pm-7:45pm Barre Connect NGRC 3	6:45pm-7:45pm Cycle Strength NGRC C	8:00pm-9:00pm CSC Night Yoga AFC 1			
	6:45pm-8:00pm Yoga Flexible AFC 1	6:45pm-7:45pm Vinyasa Yoga AFC 1	6:45pm-7:45pm Zumba AFC 4				
	8:00pm-9:00pm Bootcamp AFC 4	8:00pm-9:00pm CSC Night Yoga AFC 1	8:00pm-9:00pm Turbokick AFC 4				
		8:00pm-9:00pm 30/20/10 AFC 4	8:00pm-9:00pm CSC Night Yoga AFC 1				