

# SGT Summer Session 1 2025

Small Group Training

June 23rd - August 1st

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING		<b>Intro to Strength Training</b> 8:30 - 9:30 am Brandon (Racquetball Court)	<b>Intro to Strength Training</b> 9:00 - 10:00 am Wayne (Racquetball Court)		
	<b>Powerlifting</b> 9:30 - 10:30 am Jaylen (Platforms)				
AFTERNOON					
EVENINGS				<b>Hypertrophy</b> 4:00 - 5:00 pm Coco (Platforms)	
			<b>Glutes &amp; Core</b> 5:00 - 6:00 pm Trisha (SCL)		

**NOTE:** Admission into SGT classes requires paid registration outside of the Try Before You Buy period (first two weeks of classes).

Registration can be found via the Rec Portal within the Living Well icon at <https://rec.ucdavis.edu/> or by scanning the QR code to the left. View our website for the most updated information on adjusted schedules or cancellations.

REGISTER FOR A CLASS:

