

6/22- X/XX

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00am		HIIT Strength- Rachel			
9:00-10:00am	Cardio/Strength- Maeve	All Levels Yoga- Sarah	LIIT- Nicole	HIIT & Run(30 mins)- Nicole	Core Conditioning- Nicole
10:00-11:00am		Guided Meditation(20 min)- Sarah	Functional Framework- Kate		Pilates Mat (45 min)- Sarah
11:00am-12:00pm				HIIT full body- Sulyn	
12:00-1:00pm	Chill Yoga- Tamara	Mobility WOD- Reed	Power Yoga Vinyasa- Tamara	Power Vinyasa- Will	Mobility tune up- Tamara
1:00-2:00pm	Peachy Posture- Sulyn				
3:00-4:00pm		Vinyasa Yoga- Victoria		Yoga en Español- Tamara	
4:00-5:00pm			Upper body conditioning- Kayleigh		
5:00-6:00pm				Strength at home- Rachel	
6:00-7:00pm			Yin Yoga- Will	Cardio Strength fusion- Kate	
7:00-8:00pm	Gentle Yoga- Victoria				

LOCATION KEY: (PFS) Pavilion Fitness Studio – (FS) Functional Space - *Please see map for directions*



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