

SGT Fall 2024

Small Group Training
September 30th - December 8th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING					
AFTERNOON	Pilates 12:15 - 1:15 pm Kaitlyn (Studio B)		Pilates 12:15 - 1:15 pm Kaitlyn (Studio B)		
EVENING			Powerlifting 5:00 - 6:00 pm Calvin (Platforms)	Barbell Basics 5:00 - 6:00 pm Gianna (Rig)	
		Core Crush 5:00 - 5:30 pm Lia (SCL)	TRX Resistance Training 6:00 - 7:00 pm Liam (SCL)		
	Olympic Weightlifting 6:00 - 7:00 pm Audrey (Platforms)		Hypertrophy 6:00 - 7:00 pm David (Platforms)	Full Body Strength 5:30 - 6:30 pm Cindy (SCL)	
		Glutes & Core 7:00 - 8:00 pm Cindy (SCL)	Powerlifting 7:00 - 8:00 pm David (Platforms)		

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

REGISTER FOR A CLASS:



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.