

SGT FALL 2023

Small Group Training

October 1st- December 9th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING		Pilates 9:00 - 10:00 am Kaitlyn (Studio B)		Powerlifting 10:00 - 11:00 am Saanya (Rig)	
AFTERNOON	Olympic Weightlifting 4:00 - 5:00 pm Audrey (Platforms)		Powerlifting 4:00 - 5:00 pm David (Platforms)		
	Powerlifting 5:00 - 6:00 pm Calvin (Rig)	Core Crush 5:00 - 5:30 pm Katie(South Cardio Loft)	Glutes and Core 4:15 - 5:00 pm Cindy (Rig)		
EVENING	Whole Body Combo Glutes and Core 6:00 - 6:30 pm Saanya (Rig) Upper Body Strength 6:45 - 7:15 pm Saanya (Rig)	Yoga Jumpstart 6:00 - 7:15 pm Tamara (Studio B)	Hypertrophy Training 5:00 - 6:00 pm David (Rig) Core Crush 5:30 - 6:00 pm Manreet(South Cardio Loft)		
	TRX Resistance Training 6:15 - 7:15 pm Lia(South Cardio Loft)		Full Body Strength 6:00 - 7:00 pm Ellie (Rig)		
	Hypertrophy Training 7:15 - 8 pm Makhi (Rig)		Pilates 6:30 - 7:30 pm Kaitlyn (Studio B)		

REGISTER FOR A CLASS:



NOTE: Admission into Series classes requires paid registration outside of the Try Before You Buy period (first week of classes). Registration opens on September 24th and closes on October 14th.

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.