

SGT Spring 2025

Small Group Training

March 31st - June 7th

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------|---|---|--|--|--|
| MORNING | | | | Pilates 9:15 - 10:15 am Kaitlyn (Studio B) | TRX 8:00 - 9:00 am Liam(SCL) |
| | Intro to Strength Training 10:45 - 11:45 am Liam (Racquetball Court) | Pilates 10:30 - 11:30 am Kaitlyn (Studio B) | | Glutes & Core 10:30 - 11:30 am Bridgette (RIG) | Intro to Strength Training 9:30 - 10:30 am Liam (Racquetball Court) |
| AFTERNOON | | | Glutes & Core 12:00 - 1:00 pm Sammie (SCL) | | Glutes & Core 11:00 - 12:00 pm Sammie (SCL) |
| EVENING | | | | | |
| | | Powerlifting 5:00 - 6:00 pm Calvin (Rig) | Intro to Strength Training 5:00 - 6:00 pm Liam (Racquetball Courts) | Full Body Strength 5:30 - 6:30 pm Cindy (SCL) | |
| | Intro to Strength Training 6:30 - 7:30 pm Liam (Racquetball Court) | Powerbuild Hypertrophy 6:00 - 7:00 pm Bianca (Platforms) | Hypertrophy 6:00 - 7:00 pm David (Platforms) | | |
| | | | | Barbell Basics 7:30 - 8:30 pm Bridgette (Platforms) | |
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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:

