

SGT Summer Session 2 2025

Small Group Training

Audgust 3rd - September 12th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING		Intro to Strength Training 8:00 - 9:00 am Brandon (Racquetball Court)			
		Pilates 9:30 - 10:30 am Sammie (Studio B)		Pilates 9:30 - 10:30 am Sammie (Studio B)	
	Glutes & Core 10:30 - 11:30 am Trisha (SCL)	Core Crush 10:30 - 11:30 am Trisha (SCL)	Glutes and Core 11:00 - 12:00 pm Sammie (SCL)	Full Body Strength 11:30 - 12:30 pm Sammie (SCL)	
AFTERNOON					
EVENINGS			Hypertrophy 5:00 - 6:00 pm Gianna (Racquetball Courts)		

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:

