

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)
		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					
				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)		

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:

