

# SGT Winter 2025

Small Group Training  
January 6th - March 16th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING					<b>Intro to Strength Training</b> 9:30 - 10:30 am Gianna (Rig)
AFTERNOON			<b>Pilates</b> 10:30 - 11:30 pm Kaitlyn (Studio B)	<b>Pilates</b> 11:00 - 12:00 pm Kaitlyn (Studio B)	
EVENING					
	<b>Olympic Weightlifting</b> 5:00 - 6:00 pm Audrey (Platforms)	<b>Glutes &amp; Core</b> 5:00 - 6:00 pm Sammie (SCL)	<b>Powerlifting</b> 5:00 - 6:00 pm Calvin (Platforms)	<b>Full Body Strength</b> 5:00 - 6:00 pm Cindy (SCL)	
	<b>Powerlifting</b> 6:00 - 7:00 pm Max (Rig)	<b>Hypertrophy</b> 6:00 - 7:00 pm David (Platforms)	<b>Core Crush</b> 6:30 - 7:00 pm Dora (SCL)		

**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.