

SGT Winter 2025

Small Group Training
January 6th - March 16th

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------|--|--|---|--|--|
| MORNING | | | | | Intro to Strength Training 9:30 - 10:30 am Gianna (Rig) |
| AFTERNOON | | Pilates 11:00 - 12:00 pm Kaitlyn (Studio B) | Pilates 10:30 - 11:30 pm Kaitlyn (Studio B) | Pilates 11:00 - 12:00 pm Kaitlyn (Studio B) | Pilates 11:15 - 12:15 pm Kaitlyn (Studio B) |
| EVENING | | | | | |
| | Olympic Weightlifting 5:00 - 6:00 pm Audrey (Platforms) | Glutes & Core 5:00 - 6:00 pm Sammie (SCL) | Powerlifting 5:00 - 6:00 pm Calvin (Platforms) | Full Body Strength 5:00 - 6:00 pm Cindy (SCL) | |
| | Powerlifting 6:00 - 7:00 pm Max (Rig) | Hypertrophy 6:00 - 7:00 pm David (Platforms) | Core Crush 6:30 - 7:00 pm Dora (SCL) | | |
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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).

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.