

**FOLLOW US ON
INSTAGRAM &
TIKTOK!
@UISCAMPUSREC**

SPRING 2024 GROUP FITNESS SCHEDULE

JANUARY 16TH - MAY 4TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00AM-9:50AM YOGA W/ IRA	7:30AM -8:15AM FUNCTIONAL STRENGTH TRAINING W/ LYDIA	5:30PM-6:15PM KICKBOXING W/ LYDIA	5:30PM-6:20PM CYCLE FIT W/ TALON	9:00AM-9:50AM YOGA W/ IRA	2PM-2:50PM INTERMEDIATE CLASSICAL KARATE W/ SHIHAN DANIEL
5:30PM-6:20PM WERQ W/ CARI	6:30PM-7:20PM CLASSICAL KARATE W/ SHIHAN DAN	6:30PM-7:20PM YOGA W/ HALEY	6:30PM-7:20PM CLASSICAL KARATE W/ SHIHAN DAN		
6:30PM-7:20PM YOGA W/ HALEY		9:00PM-9:50PM KALI MARTIAL ARTS W/ DANIEL			