

VIRTUAL GROUP FITNESS

SPRING 2021
JAN 25 - MAY 8

MONDAY

RISE AND GRIND
6:30am 30 min

**TOTAL BODY
SCULPT**
12:00pm 30 min

KICKBOXING
5:00pm 30 min

Vinyasa Yoga
6:00pm 30 min

TUESDAY

VINYASA YOGA
12:00pm 30 min

KORU
1:00pm 30 min

BOOTCAMP
4:00pm 30 min

ARMS & ABS
5:00pm 30 min

VINYASA YOGA
6:00pm 30 min

HIP HOP CARDIO
7:00pm 30 min

WEDNESDAY

RISE AND GRIND
6:30am 30 min

KORU
8:45am 30 min

**TOTAL BODY
CONDITIONING**
12:00pm 30 min

KORU
12:45pm 30 min

BOOTCAMP
5:00pm 30 min

VINYASA YOGA
6:00pm 30 min

THURSDAY

CORE & MORE
12:00pm 30 min

**TOTAL BODY
CONDITIONING**
4:00pm 30 min

CORE & MORE
5:00pm 30 min

VINYASA YOGA
6:00pm 30 min

HIP HOP CARDIO
7:00pm 30 min

FRIDAY

VINYASA YOGA
12:00pm 30 min

**TOTAL BODY
CONDITIONING**
5:00pm 30 min

SATURDAY

**TOTAL BODY
SCULPT**
9:00am 30 min

**ATHLETIC
CONDITIONING**
10:00am 30 min

SUNDAY

VINYASA YOGA
9:00am 30 min

Register online for Virtual Group Fitness classes at recwellservices.uky.edu

Registration opens 7 days before the class and closes 1 minute before class starts

Checkin to the class opens 10 minutes before the class begins and closes 3 minutes into class



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