

VIRTUAL GROUP FITNESS

SPRING 2021 SCHEDULE

All virtual classes at participating universities require pre-registration. To register for virtual classes visit recreation.uni.edu/fitness. Registered participants will receive a confirmation email with a link to the class.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING CLASSES

5:30 AM - 6:15 AM

H.I.I.T.
with SDSU

6:30 AM - 7:15 AM

H.I.I.T.
with SDSU

5:30 AM - 6:15 AM

H.I.I.T.
with SDSU

8:00 AM - 8:45 AM

WEEKEND WARRIOR
with SDSU

6:10 AM - 7:00 AM

CARDIO HIIT
with UNI

AFTERNOON CLASSES

12:10 PM - 12:40 PM

BODY SCULPT
with SDSU

4:10 PM - 5:00 PM

CARDIO HIIT
with UNI

12:10 PM - 12:40 PM

BODY SCULPT
with SDSU

12:10 PM - 12:40 PM

GLUTES + GUTS
with SDSU

4:15 PM - 5:00 PM

YOGA
with SDSU

4:15 PM - 5:00 PM

GLUTES + GUTS
with SDSU

4:15 PM - 5:00 PM

BODY SCULPT
with SDSU

EVENING CLASSES

5:30 PM - 6:15 PM

H.I.I.T.
with SDSU

5:10 PM - 6:00 PM

TOTALLY TABATA
with UNI

6:10 PM - 6:40 PM

SWOLE
with UNI

6:10 PM - 6:40 PM

BUTTS + GUTS
with UNI

6:10 PM - 7:00 PM

YOGA SYNERGY
with UNI

6:45 PM - 7:30 PM

VINYASA YOGA
with SDSU

6:45 PM - 7:30 PM

VINYASA YOGA
with SDSU

7:00 PM - 7:45 PM

GLUTES + GUTS
with SDSU

7:00 PM - 7:45 PM

BODY SCULPT
with SDSU

7:00 PM - 7:45 PM

GLUTES + GUTS
with SDSU

7:00 PM - 7:45 PM

CORE POWER
with SDSU

Virtual classes provided are in collaboration with the following universities and associations:

