**VIRTUAL GROUP FITNESS**

### Monday
- **WARM UP TO WORK, L1**, 7:00-7:15AM, FB LIVE (CINDY)
- **DANCE CARDIO & CONDITIONING, M2**, 11:00-11:50AM, ZOOM (IKU)
- **YOGA BREAK & BREATHWORK, L1**, 11:30-12:00PM, ZOOM (MONA)
- **CORE YOGA FLOW, L1**, 12:00-12:55PM, ZOOM (ISABELLE)

### Tuesday
- **WARM UP TO WORK, L1**, 7:00-7:15AM, FB LIVE (DANNY)
- **MORNING STRETCH & MAT PILATES, M2**, 7:30-8:20AM, FB LIVE (PETER)
- **YOGA FLOW, L1/2**, 8:00-8:55AM, IG LIVE (STELLA)
- **MEDITATION & BREATHWORK, L1**, 9:30-10:00AM, FB LIVE (JANELLE)

### Wednesday
- **WARM UP TO WORK, L1**, 7:00-7:15AM, FB LIVE (ROB)
- **YOGA FLOW, L1/2**, 7:00-7:55AM, IG LIVE (MAYA)
- **CORE YOGA FLOW, L1/2**, 9:00-9:55AM, IG LIVE (TAYLOR)
- **DANCE CARDIO & CONDITIONING, M2**, 11:10-11:50AM, ZOOM (IKU)

### Thursday
- **WARM UP TO WORK, L1**, 7:00-7:15AM, FB LIVE (ELIZABETH)
- **MORNING STRETCH & MAT PILATES, M2**, 7:30-8:20AM, FB LIVE (PETER)
- **YOGA FLOW, L1/2**, 8:00-8:55AM, IG LIVE (STELLA)
- **MEDITATION & BREATHWORK, L1**, 9:30-10:00AM, FB LIVE (JANELLE)

### Friday
- **WARM UP TO WORK, L1**, 7:00-7:15AM, FB LIVE (KC)
- **YOGA FLOW, L1/2**, 10:00-10:55AM, ZOOM (MONA)
- **DANCE CARDIO & CONDITIONING, M2**, 11:10-11:50AM, ZOOM (IKU)

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**Instagram Live:**
- [instagram.com/uclarec](https://instagram.com/uclarec)

**Facebook Live:**
- [facebook.com/uclarec](https://facebook.com/uclarec)

**Choose Your Workout**

- **Complexity of Choreography**
  - L Low
  - M Medium
  - H High

- **Exercise Intensity**
  - 1 Low
  - 2 Medium
  - 3 High

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**REV:05/01/20**

**www.recreation.ucla.edu/events**

**SPRING 2020 MAY 4 - JUNE 7 no classes on May 25**

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**Saturday/Sunday**

**TOTAL BODY CHALLENGE, L2/3, 5:30-6:10PM, FB LIVE, (DANNY)**

**YOGA, L1/2, 6:00-6:55PM, IG LIVE (MARCO)**

**FRIDAY NIGHT FREESTYLE DANCE PARTY, ONLY MAY 15 & 29, 8:00-9:00PM, ZOOM (MANDY, MILO, BRYAN, MEGHAN, LAURA, MADHAVI, IKU)**