<table>
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| **DANCE CARDIO & CONDITIONING, M2,** 11:10-11:50AM,  
ZOOM: 777-376-358 (IKU)  
OFFICE YOGA & BREATHING, L1,  
11:30-12:00PM,  
ZOOM: 732-262-996 (MONA)  
CORE YOGA FLOW, L1/2,  
12:00-12:55PM,  
ZOOM: 656-862-374 (ISABELLE)  
HIIT, M2/3,  
12:10-12:50PM,  
FB LIVE (DANNY)  
BOOTY KICKIN BARRE, M2, 1:00-1:55PM,  
ZOOM: 885-207-251 (AMBER)  
The Desk Stretch, L1, 2:00-2:20PM,  
FB LIVE (PETER S.)  
OFFICE STRENGTH, L1/2, 2:30-2:50PM,  
FB LIVE (PETER S.)  
TOTAL BODYWEIGHT WORKOUT, L2/3, 4:00-4:40PM,  
FB LIVE (ELIZABETH)  
YOGA SCULPT, M2, 4:00-4:55PM,  
ZOOM: 343-494-447 (ISABELLE)  
CORE YOGA FLOW, L1/2, 5:00-5:55PM,  
FB LIVE (ABBY)  
CARDIOSPORT, M2/3, 5:15-5:45PM,  
ZOOM: 794-478-156 (DARIELA & LAURA)  
GUTS, BUTTS & THIGHS, L2/3, 6:00-6:40PM,  
FB LIVE (RACHEL)  
CARDIO FUNK, M2, 6:30-7:10PM,  
ZOOM: 237-571-574 (MILO)  
BODYWEIGHT BOOTCAMP, L2, 7:00-7:40PM,  
FB LIVE (JACINTA)  
THE DAILY STRETCH, L1, 7:00-7:30AM,  
FB LIVE (PETER S.)  
MAT PILATES, M2, 7:45-8:15AM,  
FB LIVE (PETER)  
YOGA FLOW, L1/2, 8:00-8:35AM,  
IG LIVE (STELLA)  
TAI CHI, L1, 11:30-12:00PM,  
ZOOM: 757-237-373 (PETER S.)  
YOGA, L1/2, 12:00-12:55PM,  
ZOOM: 818-674-698 (Tiffany)  
BOXING & BOWLS, M2/3, 12:10-12:50PM,  
IG LIVE (ROB)  
DANCE CARDIO & CONDITIONING, M2, 12:10-12:50PM,  
ZOOM: 545-564-946 (MANDY)  
YOGA, L2, 1:00-1:55PM,  
ZOOM: 120-314-153 (STEPHANIE)  
TOTAL BODYWEIGHT WORKOUT, L2/3, 4:00-4:40PM,  
FB LIVE (SUZANNE)  
BOOTY KICKIN BARRE, M2, 5:00-5:40PM,  
ZOOM: 659-033-228 (PAM)  
KICKBOX FITNESS, M2/3, 5:10-5:50PM,  
FB LIVE (PETER S.)  
MAT PILATES, M2, 5:45-6:25PM,  
IG LIVE (PAM)  
YOGA FLOW, L1/2, 6:00-7:15PM,  
FB LIVE (CHIOMA)  
U-JAM, M2, 6:00-6:40PM,  
ZOOM: 881-994-683 (BRYAN)  
HIIP HOP BODY SHOP, M2, 6:30-7:10PM,  
ZOOM: 675-506-716 (MILO)  
BODYWEIGHT BOOTCAMP, L2, 7:00-7:40PM,  
ZOOM: 409-724-306 (JACINTA)  
THE DAILY STRETCH, L1, 7:00-7:30AM,  
FB LIVE (PETER S.)  
MAT PILATES, M2, 7:45-8:15AM,  
FB LIVE (PETER)  
OFFICE YOGA & BREATHING, L1, 11:30-11:55AM,  
IG LIVE (ISABELLE)  
CORE YOGA FLOW, L1/2, 12:05-1:00PM,  
ZOOM: 337-782-852 (ISABELLE)  
TOTAL BODYWEIGHT WORKOUT, M3, 12:10-12:50PM,  
FB LIVE (ELIZABETH)  
BOOTY KICKIN BARRE, M2, 1:05-1:45PM,  
ZOOM: 885-207-251 (AMBER)  
The Boxer's Break, M2, 2:00-2:20PM,  
IG LIVE (ELISA)  
The Desk Stretch, L1, 2:30-2:50PM,  
IG LIVE (ELISA)  
YOGA SCULPT, L1/2, 4:00-4:55PM,  
ZOOM: 308-776-119 (ISABELLE)  
TOTAL BODYWEIGHT WORKOUT, L2/3, 4:00-4:40PM,  
FB LIVE (SUZANNE)  
HIIT, M2/3, 5:00-5:40PM,  
ZOOM: 601-515-959 (LAURA M)  
YOGA, L1/2, 5:00-5:55PM,  
IG LIVE (MARCO)  
TOTAL BODYWEIGHT WORKOUT, L2/3, 6:00-6:40PM,  
IG LIVE (RACHEL)  
HIP HOP BODY SHOP, M2, 6:30-7:10PM,  
ZOOM: 675-506-716 (MILO)  
BODYWEIGHT BOOTCAMP, L2, 7:00-7:40PM,  
ZOOM: 409-724-306 (JACINTA)  
THE DAILY STRETCH, L1, 7:00-7:30AM,  
FB LIVE (PETER S.)  
MAT PILATES, M2, 7:45-8:15AM,  
FB LIVE (PETER)  
OFFICE YOGA & BREATHING, L1, 11:30-11:55AM,  
IG LIVE (ISABELLE)  
CORE YOGA FLOW, L1/2, 12:05-1:00PM,  
ZOOM: 337-782-852 (ISABELLE)  
TOTAL BODYWEIGHT WORKOUT, M3, 12:10-12:50PM,  
FB LIVE (ELIZABETH)  
BOOTY KICKIN BARRE, M2, 1:05-1:45PM,  
ZOOM: 885-207-251 (AMBER)  
The Boxer's Break, M2, 2:00-2:20PM,  
IG LIVE (ELISA)  
INTERMEDIATE ALEXANDER TECHNIQUE, L1, 12:00-1:00PM,  
ZOOM: 514 837 020 (NOEL)  
Yoga, L1/2, 1:00-1:55PM,  
ZOOM: 120-314-153 (STEPHANIE)  
BOXING & BOWLS, M2/3, 4:00-4:40PM,  
FB LIVE (LAURA S)  
ZOOMBA, M2, 5:00-5:40PM,  
ZOOM: 601-515-959 (LAURA M)  
YOGA, L1/2, 5:00-5:55PM,  
IG LIVE (MARCO)  
CARDIOSPORT, M2/3, 5:15-5:45PM,  
ZOOM: 352-147-605 (DARIELA & RACHEL)  
CORE YOGA FLOW, L1/2, 5:00-5:55PM,  
IG LIVE (ABBY)  
GUTS, BUTTS & THIGHS, L2/3, 6:00-6:40PM,  
IG LIVE (DARIELA)  
Yoga, L1/2, 6:00-6:55PM,  
IG LIVE (RACHEL)  
Get Started With a Fitness Pass  
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Complexity of Choreography  
L Low  M Medium  H High  
Exercise Intensity  
L Low  M Medium  H High  
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