



WINTER 2023 SCHEDULE

JANUARY 9 – MARCH 17

NO CLASSES ON 1/16 AND 2/20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	BSTRONG: STRENGTH INSTRUCTORS: • ADRIAN & ROB DRAKE RIG	BSTRONG: CORE & CONDITIONING INSTRUCTOR: • ROB DRAKE RIG	BSTRONG: STRENGTH INSTRUCTORS: • ADRIAN & ROB DRAKE RIG	BSTRONG: CORE & CONDITIONING INSTRUCTOR: • ROB DRAKE RIG	
11:00 AM					BSTRONG: STRENGTH INSTRUCTORS: • KC & RANDY DRAKE RIG
12:00 PM	BSTRONG: STRENGTH INSTRUCTOR: • EMMA PARDEE GYM	BSTRONG: STRENGTH INSTRUCTOR: • KC PARDEE GYM	BSTRONG: STRENGTH INSTRUCTOR: • EMMA PARDEE GYM	BSTRONG: STRENGTH INSTRUCTOR: • KC PARDEE GYM	BSTRONG: CORE & CONDITIONING INSTRUCTOR: • LUIS PARDEE GYM
4:00 PM	BSTRONG: CORE & CONDITIONING INSTRUCTOR: • NATHAN PARDEE GYM	BSTRONG: STRENGTH INSTRUCTOR: • RANDY PARDEE GYM	BSTRONG: STRENGTH INSTRUCTOR: • TBD PARDEE GYM	BSTRONG: CORE & CONDITIONING INSTRUCTOR: • ETHAN PARDEE GYM	BSTRONG: STRENGTH INSTRUCTOR: • ERIK DRAKE RIG
5:15 PM	BSTRONG: STRENGTH INSTRUCTOR: • NATHAN PARDEE GYM	BSTRONG: CORE & CONDITIONING INSTRUCTOR: • BRENDAN PARDEE GYM	BSTRONG: CORE & CONDITIONING INSTRUCTOR: • ETHAN PARDEE GYM	BSTRONG: STRENGTH INSTRUCTOR: • CLARA PARDEE GYM	
6:30 PM		BSTRONG: STRENGTH INSTRUCTOR: • BRENDAN PARDEE GYM			



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Bruin Strong (BStrong) is a goal oriented, progressive strength & conditioning system designed by UCLA's top fitness professionals. This comprehensive fitness program is everything you need: compound resistance training with a variety of equipment including barbells, racks, kettlebells, dumbbells, etc.; power training; plyometrics; conditioning/cardio, core & more! With smaller class sizes, you get the top notch instruction & feedback you'd expect in a personal training session coupled with the energy, enthusiasm & connection of working out in a group. Get STRONG with your fellow Bruins! "Let's go, Bruins! Let's go!"

Your quarterly BStrong membership (\$50/students, staff, faculty, members) allows you to attend any of the BStrong workouts per week. Purchase your pass at bit.ly/bruinstrong and sign up for the classes you want to take each week.

Classes are mixed level, meaning they can be scaled for different fitness levels.

For best results, take 3-5 classes per week.

Balanced sample weekly schedules:

3 x Bruin Strength + 2 x Bruin Core & Conditioning

To view program refund policies go to:

recreation.ucla.edu/member-services

CLASS DESCRIPTIONS:

BRUIN STRONG

This class features compound strength exercises (main lifts like dead lifts, squats and presses) and isolation/assistance exercises for a comprehensive strength based class.

Typical daily training emphasis is as follows:

Mondays (Full Body & Squatting), Tuesdays (Upper Body Pulling), Wednesdays (Full Body & Deadlifting), Thursdays (Upper Body Pushing), Fridays (Full Body and Power Movements).

BRUIN CONDITIONING & CORE

Featuring compound strength movements, power exercises, cardio, and core, this class focuses on max conditioning. Taught HIIT or Interval style, this is the cardio to your strength.