



SPRING 2026 SCHEDULE

MARCH 30 – JUNE 5

NO CLASSES ON 5/23 - 5/25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM		BSTRONG: CORE & CONDITIONING INSTRUCTORS: • ROB & STEVEN DRAKE RIG		BSTRONG: CORE & CONDITIONING INSTRUCTORS: • ROB & STEVEN DRAKE RIG	
9:30 AM	BSTRONG: STRENGTH INSTRUCTORS: • ROB & JOSE DRAKE RIG		BSTRONG: STRENGTH INSTRUCTORS: • ROB & JOSE DRAKE RIG		
12:00 PM	BSTRONG: STRENGTH FUNDAMENTALS INSTRUCTORS: • JOSE & STEVEN DRAKE RIG		BSTRONG: STRENGTH FUNDAMENTALS INSTRUCTORS: • JOSE & STEVEN DRAKE RIG		
4:00 PM	BSTRONG: STRENGTH INSTRUCTORS: • DANELIA & TROY UPPER CONCOURSE, DRAKE	BSTRONG: STRENGTH INSTRUCTORS: • KEKOA & CHRIS DRAKE RIG	BSTRONG: STRENGTH INSTRUCTORS: • KEKOA & CHRIS DRAKE RIG	BSTRONG: STRENGTH INSTRUCTORS: • KEKOA & CHRIS DRAKE RIG	BSTRONG: STRENGTH FUNDAMENTALS INSTRUCTOR: • KEKOA NORTH FITNESS PAD, DRAKE
5:15 PM	BSTRONG: STRENGTH INSTRUCTORS: • DANELIA & TROY UPPER CONCOURSE, DRAKE	BSTRONG: CORE & CONDITIONING INSTRUCTORS: • CARLEIGH & DANELIA NORTH FITNESS PAD, DRAKE	BSTRONG: STRENGTH INSTRUCTOR: • TROY UPPER CONCOURSE, DRAKE		
6:15 PM		BSTRONG: STRENGTH INSTRUCTORS: • CARLEIGH & DANELIA NORTH FITNESS PAD, DRAKE	BSTRONG: CORE & CONDITIONING INSTRUCTORS: • TROY & CARLEIGH UPPER CONCOURSE, DRAKE		



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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: strength training with a variety of equipment including barbells, squat racks, kettlebells, dumbbells, etc.; power training; plyometrics; conditioning/cardio, core & more! With smaller class sizes, you get top notch instruction & individualized feedback to learn proper form and technique. Get STRONG with your fellow Bruins!

Your quarterly BStrong membership (\$50/students, staff, faculty, members) allows you to attend any of the BStrong workouts per week. Purchase your pass at secure.recreation.ucla.edu and sign up for the classes you want to take each week [here](#).

Classes are mixed level, meaning they can be scaled for different fitness levels. Beginners should start with the BSTRONG: STRENGTH FUNDAMENTALS.

To view program refund policies go to: recreation.ucla.edu/member-services

CLASS DESCRIPTIONS:

BSTRONG: STRENGTH

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).

BSTRONG: CORE & CONDITIONING

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.

BSTRONG: STRENGTH FUNDAMENTALS

Learn proper strength training form for squatting, lunging, hinging, pressing, and rowing. Learn to utilize dumbbells, kettlebells, barbells, and cables to load these main exercises.