# SUMMER 2023 SCHEDULE

**SESSION C | AUGUST 7 – SEPTEMBER 15**

NO CLASSES ON 9/4

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| 8:30 AM | **BSTRONG: STRENGTH**  
INSTRUCTORS: • ROB & CLARA  
DRAKE RIG | **BSTRONG: CORE & CONDITIONING**  
INSTRUCTORS: • ROB & CLARA  
DRAKE RIG | **BSTRONG: STRENGTH**  
INSTRUCTORS: • ROB & CLARA  
DRAKE RIG | **BSTRONG: CORE & CONDITIONING**  
INSTRUCTORS: • ROB & CLARA  
DRAKE RIG | **BSTRONG: STRENGTH**  
INSTRUCTORS: • ROB & CLARA  
DRAKE RIG |
| 11:00 AM | **BSTRONG: STRENGTH**  
INSTRUCTORS: • ROB & CLARA  
DRAKE RIG | **BSTRONG: CORE & CONDITIONING**  
INSTRUCTORS: • ROB & CLARA  
DRAKE RIG | **BSTRONG: STRENGTH**  
INSTRUCTORS: • ROB & CLARA  
DRAKE RIG | **BSTRONG: CORE & CONDITIONING**  
INSTRUCTORS: • ROB & CLARA  
DRAKE RIG | **BSTRONG: STRENGTH**  
INSTRUCTORS: • ROB & CLARA  
DRAKE RIG |
| 12:00 PM | **BSTRONG: STRENGTH**  
INSTRUCTOR: • ERIK  
PARDEE GYM | **BSTRONG: STRENGTH**  
INSTRUCTORS: • KC & CLARA  
PARDEE GYM | **BSTRONG: STRENGTH**  
INSTRUCTOR: • ERIK  
PARDEE GYM | **BSTRONG: CORE & CONDITIONING**  
INSTRUCTORS: • KC & CLARA  
PARDEE GYM | **BSTRONG: STRENGTH**  
INSTRUCTORS: • KC & RANDY  
DRAKE RIG |
| 4:00 PM | **BSTRONG: CORE & CONDITIONING**  
INSTRUCTORS: • CLARA & EMMA  
PARDEE GYM | **BSTRONG: STRENGTH**  
INSTRUCTOR: • CLARA  
PARDEE GYM | **BSTRONG: STRENGTH**  
INSTRUCTORS: • VAN & CLARA  
PARDEE GYM | **BSTRONG: CORE & CONDITIONING**  
INSTRUCTOR: • CLARA  
PARDEE GYM | **BSTRONG: STRENGTH**  
INSTRUCTORS: • RANDY  
PARDEE GYM |
| 5:15 PM | **BSTRONG: STRENGTH**  
INSTRUCTORS: • CLARA & EMMA  
PARDEE GYM | **BSTRONG: CORE & CONDITIONING**  
INSTRUCTOR: • CLARA  
PARDEE GYM | **BSTRONG: CORE & CONDITIONING**  
INSTRUCTOR: • CLARA  
PARDEE GYM | **BSTRONG: STRENGTH**  
INSTRUCTORS: • CLARA & EMMA  
PARDEE GYM | **BSTRONG: STRENGTH**  
INSTRUCTORS: • CLARA & EMMA  
PARDEE GYM |
| 6:30 PM | **BSTRONG: STRENGTH**  
INSTRUCTOR: • CLARA  
PARDEE GYM | **BSTRONG: STRENGTH**  
INSTRUCTORS: • CLARA  
PARDEE GYM | **BSTRONG: CORE & CONDITIONING**  
INSTRUCTOR: • CLARA  
PARDEE GYM | **BSTRONG: CORE & CONDITIONING**  
INSTRUCTORS: • CLARA  
PARDEE GYM | **BSTRONG: STRENGTH**  
INSTRUCTORS: • CLARA & EMMA  
PARDEE GYM |

*Schedule subject to change. Quarterly BStrong membership ($50/students, staff, faculty, members)
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.