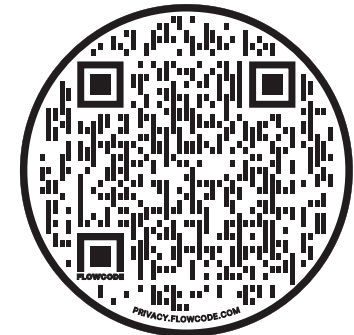


SUMMER 2022 GROUPX SCHEDULE

Effective May 15 - August 21

	MON	TUE	WED	THU	FRI		SAT	SUN
6:30 a.m.	Aquatic Exercise Clara Pool	HIIT Noosha Multi B	Aquatic Exercise Clara Pool	Cycle Noosha Cycle Studio			Cycle Noosha Cycle Studio	Total Body Conditioning Leyla Multi B
7:00 a.m.		Yoga & Meditation Adriana Multi C		Yoga & Meditation Adriana Multi C		9:30 a.m.	Mindful Yoga Tina Multi C	
Noon	Vinyasa Flow Yoga Tina Multi C	Surge 30 Noosha Storm Zone	Yoga & Meditation Adriana Multi C	Surge 30 Noosha Storm Zone	Vinyasa Flow Yoga Tina Multi C		Aquatic Exercise Aprile Pool	
5:00 p.m.	Power Up (30) Leyla Multi B		Zumba Andrea Multi D	Core Blast (30) Guido Multi B		11:00 a.m.	The Knockout Kat Multi B	
5:30 p.m.	Cycle Carmen Cycle Studio	Cardio Kickboxing Sandra Multi D	Cycle Sandra Cycle Studio	Cycle Guido Cycle Studio		Noon	Core Blast Eduardo Multi B	
	Core to Floor Leyla Multi B	HIIT Elisa Multi B	Vinyasa Flow Yoga Tina Multi C	Glute Camp Elisa Multi B		1:00 p.m.	HIIT Eduardo Multi B	
6:30 p.m.	Power Yoga Carmen Multi A	Beginner Yoga Chloe Multi C	Beginner Yoga Carmen Multi A	Mindful Yoga Chloe Multi C				
	Zumba Jermaine Multi D	Core to Floor Elisa Multi B	Pound Andrea Multi D	Zumba Jermaine Multi B				
				Total Body Conditioning Guido Multi D				
7:00 p.m.	Cycle Deirdre Cycle Studio							



Important: You **must** register for a class through the **UM Wellness** app or at **wellness.miami.edu** prior to attending.

You can register up to 72 hours in advance. Classes are **free**. For the most up-to-date schedules visit **miami.edu/wellness**.

CLASS TYPE	Yoga	Aquatic	Dance Focus	Cardio	Cycle	Strength
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