FALL 2026 SEMESTER // EFFECTIVE: MON, OCT. 05 - SAT, OCT. 31

CAMPUS RECREATION

MMC GROUP FITNESS SCHEDULE

ENTRY CUTOFF 10 MINS AFTER CLASS TIME | CLASSES ARE 50 MINUTES UNLESS OTHERWISE NOTED | REGISTRATION NOT REQUIRED

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM	**Full Body Bootcamp** with Lauren	**Cycling** with Ray --- **Mat Pilates** with Andrea	**Full Body Bootcamp** with Ray	**Cycling** with Ray --- **Mat Pilates** with Andrea		
11:00AM						**Cycling** with Linda
12:00PM	**Cycling** with Thomas	**Power Yoga** with JC	**Cycling** with Thomas --- **Mat Pilates** with Andrea	**Power Yoga** with JC	**Mat Pilates** with Rebeca	**HIIT & Tone** with Linda
4:00PM	**Mat Pilates** with Rebeca	**Yoga Sculpt** with Gabriella	**Mat Pilates** with Rebeca	**Yoga Sculpt** with Gabriella		
5:00PM	**Sculpt 360** with Ray	**Cycling** with Ray	**Sculpt 360** with Ray	**Cycling** with Ray		
6:00PM	**Cycle Beat** with Freddie --- **Zumba** with Emily	**Zumba** with Emily	**Cycle Beat** with Freddie --- **Zumba** with Robert	**Zumba** with Robert		

LOCATION KEY: BLUE AND GOLD STUDIO | CYCLING STUDIO

FIU Campus Recreation

CAMPUS RECREATION

BBC GROUP FITNESS SCHEDULE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1:00PM		**Cycling** with Heather		**Cycling** with Heather
4:00PM			**Cycling** with Haley	

FITNESS STUDIO

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