## Group Fit & Cycle Winter 2020

### Group Fit Schedule

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:05-12:55pm</td>
<td>12:05-12:55pm</td>
<td>12:05-12:55pm</td>
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</tr>
<tr>
<td>Hip Hop Barre</td>
<td>Circuit</td>
<td>HIIT</td>
<td>Pump + Abs</td>
<td>Cardio Fitness</td>
<td>Cardio Kickboxing</td>
</tr>
<tr>
<td>Alex</td>
<td>Ryan</td>
<td>Alex</td>
<td>Ryan</td>
<td>Kelly</td>
<td>Ryan</td>
</tr>
<tr>
<td>4:10-5:00pm</td>
<td>4:10-5:00pm</td>
<td>4:10-5:00pm</td>
<td>4:10-5:00pm</td>
<td>4:10-5:00pm</td>
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</tr>
<tr>
<td>Chisel &amp; Sculpt</td>
<td>Pump + Plyos</td>
<td>Chisel &amp; Sculpt</td>
<td>HIIT</td>
<td>Foam &amp; Flex</td>
<td></td>
</tr>
<tr>
<td>Jo</td>
<td>Ryan</td>
<td>Jo</td>
<td>Ryan</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:05-5:55pm</td>
<td>6:10-7:00pm</td>
<td>5:05-5:55pm</td>
<td>7:00-7:50pm</td>
<td>Athletic Skills</td>
<td></td>
</tr>
<tr>
<td>Cardio Blast</td>
<td>Athletic Skills</td>
<td>Cardio Blast</td>
<td>7:00-7:50pm</td>
<td>Kristen</td>
<td></td>
</tr>
<tr>
<td>Jo</td>
<td>Kristen</td>
<td>Jo</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00-7:50am</td>
<td>Morning Boost</td>
<td>12:05-12:55pm</td>
<td>12:05-12:55pm</td>
<td>11:30-12:20pm</td>
<td>12:30-1:20pm</td>
</tr>
<tr>
<td>Morning Boost</td>
<td>Kelly</td>
<td>HIIT</td>
<td>Pump + Abs</td>
<td>Morning Boost</td>
<td></td>
</tr>
<tr>
<td>Kelly</td>
<td>Alex</td>
<td>Ryan</td>
<td>Kelly</td>
<td>Kelly</td>
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### Group Cycle Schedule

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<tr>
<td>7:00-7:50am</td>
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<tr>
<td>Mikayla</td>
<td>Catherine</td>
<td>Mikayla</td>
<td>Catherine</td>
<td>Mikayla</td>
<td>Catherine</td>
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<tr>
<td>5:15-6:05pm</td>
<td>5:15-6:05pm</td>
<td>5:15-6:05pm</td>
<td>5:15-6:05pm</td>
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<tr>
<td>Alisa</td>
<td>Ryan</td>
<td>Noelia</td>
<td>Ryan</td>
<td></td>
<td></td>
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<tr>
<td>8:00-8:50pm</td>
<td>8:00-8:50pm</td>
<td>8:00-8:50pm</td>
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<tr>
<td>Sweat N Cycle After Hours</td>
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<td>Sweat N Cycle After Hours</td>
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<tr>
<td>Paris</td>
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Group Fitness All Access Pass  
January 13 - March 15  
Rob Gym 1430  
Students: $50  
Non-Students: $55  
Community: $65

Group Cycle All Access Pass  
January 13 - March 15  
Rob Gym 1125  
Students: $50  
Non-Students: $55  
Community: $65

Purchase a Group Fitness or Group Cycle All Access Pass online at recreation.ucsb.edu or in person at the Recreation Customer Service Center.

Classes do not meet on January 17 or February 20. Schedules and instructors are subject to change without notice. For questions, contact findyourfit@recreation.ucsb.edu.