

SGT Spring 2024

Small Group Training

March 31st - June 6th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	Pilates 11:30 - 12:30 pm Kaitlyn (Studio B)	Glutes and Core 10:30 - 11:30 am Katie (SCL)			
AFTERNOON		Pilates 11:15 - 12:15 pm Kaitlyn (Studio C)			
EVENING		Core Crush 5 - 5:30 pm Manreet (SCL)	Powerlifting 5:00 - 6:00 pm Saanya (Rig)	Full Body Strength 5:00 - 6:00 pm Saanya (Rig)	
	Glutes & Core 5:15 - 6 pm Cindy (SCL)				
	Olympic Weightlifting 6:15 - 7:15 pm Audrey (Platforms)	Yoga Jumpstart 6:15 - 7:45 pm Tamara (Studio D)	TRX Resistance Training 6:45 - 7:45 pm Lia (SCL)	Pilates 6:25 - 7:25 pm Kaitlyn (Studio C)	
		Hypertrophy 7:00 - 8:00 pm David (Platforms)			

NOTE: Admission into SGT classes requires paid registration outside of the Try Before You Buy period (first week of classes).

Registration can be found via the Rec Portal within the Living Well icon at <https://rec.ucdavis.edu/> or by scanning the QR code to the left. View our website for the most updated information on adjusted schedules or cancellations.

REGISTER FOR A CLASS:

