

Below is a sample of prime time recreation programs available to UBC Staff and Faculty. Click on the activity to find out more information about dates, fees and descriptions.

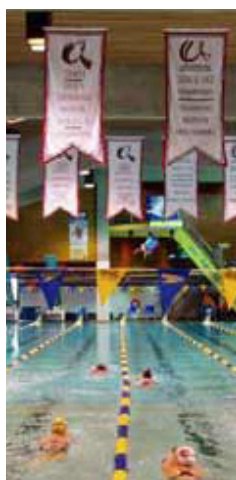


Before Work Options

Activity Type	Location	Day(s)	Start Time	End Time
Ice Hockey - Coffee League	Doug Mitchell ThunderBird Sports Centre	Thu / Fri	6:45 AM	8:00 AM
Early Bird Boot Camp	Birdcoop	Mon / Wed	7:00 AM	7:55 AM
Early Morning Yoga	SRC - Dojo	Tue / Thu	7:30 AM	8:30 AM
Cardio Tennis	UBC Tennis Centre	Tue / Thu	8:30 AM	9:30 AM

Lunch Time Options

Activity	Location	Day(s)	Start Time	End Time
Yoga Express	SRC - Dojo	Mon / Wed / Fri	12:05 PM	12:55 PM
Shallow Water Aquacize	UBC Aquatic Centre	Mon / Wed / Fri	12:00 PM	12:45 PM
Lunch Crunch Boot Camp	BirdCoop	Tue / Thu	12:05 PM	12:50 PM



After Work Options

Activity	Location	Day(s)	Start Time	End Time
Ashtanga Yoga	SRC Dojo	Mon / Wed	5:00 PM	6:00 PM
Bring it On Boot Camp	BirdCoop	Tue / Thu	4:30 PM	5:20 PM
50 / 50 Yoga Pilates	SRC Studio	Fri	4:30 PM	5:30 PM
Shallow Water Aquacize	UBC Aquatic Centre	Mon / Wed	4:45 PM	5:30 PM

Recreation Links:

UBC REC (yoga, dance, martial arts, intramurals): www.rec.ubc.ca

UBC Birdcoop (fitness): www.bircoop.ubc.ca

UBC Aquatic Centre: www.aquatics.ubc.ca

UBC Tennis Centre: www.tennis.ubc.ca

Doug Mitchell Thunderbird Sports Centre: www.thunderbirdarena.ubc.ca