



UFC Semester Hours:

Monday-Thursday: 7am-10pm

Friday: 7am-8pm

Saturday: 10am-6pm

Sunday: 12pm-6pm



Mossa Group Power

Group Power® is a one-hour, cutting-edge strength training workout designed to get you

. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight and the Step bench.

**GROUP POWER 30:** A 30 minute version of Group Power.



Group Core

Group core gives you three dimensional streng