

# SPRING 2026 SMALL GROUP TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
5PM	Boxing 101 (BOX) 5:15-6:15PM Carlee		Boxing 101 (BOX) 5:15-6:15PM Carlee		
	Happy, Alive & Built to Survive! (C) 5:30-6:30PM Brody	MMA (F) 5:30-6:15PM Kieran	Happy, Alive & Built to Survive! (C) 5:30-6:30PM Brody	MMA (F) 5:30-6:15PM Kieran	Defensive Arts & Personal Well-being (F) 5:30-7:30PM Mike
6PM	Taekwondo (F) 6:30-7:30PM Katie		Taekwondo (F) 6:30-7:30PM Katie		
	Boxing 201 (BOX) 6:30-7:30PM Kieran		Boxing 201 (BOX) 6:30-7:30PM Kieran		
7PM		Kickboxing 101 (BOX) 7:00-8:00PM Trevor		Kickboxing 101 (BOX) 7:00-8:00PM Trevor	



Recreational Sports  
*Student Affairs*  
**UNIVERSITY OF GEORGIA**

**PURCHASE SMALL GROUP TRAINING:**  
**SHOP.RECSPORTS.UGA.EDU**  
RECSPORTS.UGA.EDU

**SESSION 1 (12 WEEKS) JANUARY 26 – APRIL 26**



# SPRING 2026 SMALL GROUP TRAINING SCHEDULE

Boxing 101	Learn basic punches, correct footwork, and basic patterns of movement in this progressive, skill-based class. Boxing improves core strength, cardiovascular conditioning, functional strength, and mental focus. Wrist straps are required and can be purchased at the pro shop located at the admissions desk.
Boxing 201	Boxing 201 is designed for those who want more advanced training. This progressive, skill-based class will challenge your limits while maintaining a strong focus on technique. Wrist straps are required and can be purchased at the pro shop located at the admissions desk.
Defensive Arts & Personal Well-being	Strengthen your body, challenge your mind, and learn how to protect yourself. This class will consist of learning efficient and effective striking techniques while integrating some cardio and strength training. Striking techniques will be linked to addressing/escaping simulated real-world scenarios (holds and chokes). Psychoeducation will be a major component with discussions and lessons on the physiological and psychological reactions experienced in high stress situations. Participants will learn skills to cope with stress and practice self-awareness. Class is ideal for those with little to no experience, but all skill levels are welcome.
Happy, Alive & Built to Survive!	This progressive, goal-oriented, class is designed to provide customized exercise regimens catered to cancer survivors. The class will be led by instructors trained in cancer survivorship, post-rehabilitation exercise, and supportive cancer care. Instructors will create a fun, supportive, community environment for all cancer survivors and their supporters! Cancer survivors & supporters interested in participating in the Happy, Alive & Built to Survive program through the East Georgia Cancer Coalition should complete <a href="#">this form</a> to register.
Kickboxing 101	Kickboxing is an all levels class teaching the fundamentals of kickboxing as well as more advanced movements while improving total body conditioning.
Mixed Martial Arts (MMA)	Mixed martial arts is an all-level class that mixes various martial arts such as Boxing, Muay Thai, and Karate. This class focuses heavily on technique over conditioning, allowing people of all sizes and backgrounds to thrive with classes becoming tailored to the needs of each individual student as the class progresses. There is a primary focus on striking with some basic grappling, ground fighting, and submissions, as well as including the option to spar once students are prepared. Although no equipment is required, personal equipment is welcome, and mouthguards are recommended.
Taekwondo (TKD)	Taekwondo (TKD) is a martial art originating in South Korea that means “the way of the hand and foot.” This progressive, skill-based class utilizes kicks and punches to increase balance, stamina, endurance, and self-discipline. This class also seeks to improve perseverance and confidence. You will learn basic kicks, stances, and how to properly use our hands to build a strong foundation in this martial art.



**Recreational Sports**  
*Student Affairs*  
**UNIVERSITY OF GEORGIA**

**PURCHASE SMALL GROUP TRAINING:**  
**SHOP.RECSPORTS.UGA.EDU**  
**RECSPORTS.UGA.EDU**

**SESSION 1 (12 WEEKS) JANUARY 26 – APRIL 26**