

# GROUP FITNESS

CLASS SCHEDULE FROM MONDAY, DEC. 11 - SATURDAY, JAN. 13

(NO CLASSES DEC 25-JAN 1)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BOOTCAMP</b> <i>Diane</i> 9 - 10 a.m.	<b>BOOTCAMP</b> <i>Diane</i> 9 - 10 a.m.	<b>BOOTCAMP</b> <i>Diane</i> 9 - 10 a.m.	<b>YOGA</b> <i>April</i> 9 - 10 a.m.	<b>BOOTCAMP</b> <i>Diane</i> 9 - 10 a.m.	<b>CYCLE</b> <i>Monica</i> 8:30 - 9:30 a.m.
<b>AOA</b> <i>Diane</i> 10:15 - 11:15 a.m.	<b>TAI-CHI CHUAN</b> <i>Katy</i> 10:15 - 11:15 a.m.	<b>AOA</b> <i>Diane</i> 10:15 - 11:15 a.m.	<b>TAI-CHI CHUAN</b> <i>Katy</i> 10:15-11:15 a.m.	<b>AOA</b> <i>Diane</i> 10:15 - 11:15 a.m.	
	<b>CARDIO BOXING</b> <i>Tyrone</i> 12:15 - 1:00 p.m.		<b>CARDIO BOXING</b> <i>Tyrone</i> 12:15 - 1:00 p.m.		
	<b>YOGA</b> <i>April</i> 3:30 - 4:30 p.m.	<b>TOTAL BODY</b> <i>Armando</i> 4:30 - 5:15 p.m.	<b>TOTAL BODY</b> <i>Armando</i> 4:30 - 5:30 p.m.		
<b>CYCLE</b> <i>Monica</i> 5:30 - 6:30 p.m.	<b>PILATES</b> <i>Monica</i> 5:30 - 6:30 p.m.	<b>YOGA</b> <i>April</i> 5:30 - 6:30 p.m.	<b>PILATES</b> <i>Monica</i> 5:30 - 6:30 p.m.		<b>KEY</b> MP1 MP2 MAC GYM

rwconnect.uhcl.edu



Student Price: **With membership**  
Non-student Member Price: **With membership**

Any individual requiring an accommodation in order to participate in this event will need to contact Campus Recreation and Wellness at 281.283.2330 or via email at CampusRecreation@uhcl.edu prior to the event



Campus Recreation and Wellness