

GROUP X FITNESS

CLASS SCHEDULE

MONDAY, JAN 12TH TO SUNDAY, MAY 3RD

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BOOTCAMP 9 - 10 A.M. <i>Diane</i>	CIRCUIT : BURN 9 - 10 A.M. <i>Diane</i>	BOOTCAMP 9 - 10 A.M. <i>Diane</i>	YOGA 9 - 10 A.M. <i>April</i>	BOOTCAMP 9 - 10 A.M. <i>Diane</i>	CYCLE 8:30 - 9:30 A.M. <i>Monica</i>
AOA 10:15 - 11:15 A.M. <i>Diane</i>	ZUMBA 9 - 10 A.M. <i>Isabel</i>	AOA 10:15 - 11:15 A.M. <i>Diane</i>	ZUMBA 9 - 10 A.M. <i>Isabel</i>	AOA 10:15 - 11:15 A.M. <i>Diane</i>	
TAI-CHI CHUAN ADVANCED 11:15 A.M. - 12:15 P.M. <i>Katy</i>	AOA 10:15 - 11:15 A.M. <i>Heather</i>	DANCE JAM 5:30 - 6:30 P.M. <i>Heather</i>	TAI-CHI CHUAN BEGINNER 10:15 - 11:15 A.M. <i>Katy</i>		
CYCLE 5:30 - 6:15 P.M. <i>Monica</i>	TAI-CHI CHUAN BEGINNER 10:15 - 11:15 A.M. <i>Katy</i>	YOGA 5:45 - 6:45 P.M. <i>April</i>	PILATES 5:30 - 6:30 P.M. <i>Monica</i>		
BARBELL STRENGTH 6 - 7 P.M. <i>Coach Ashley</i>	YOGA 3:30 - 4:30 P.M. <i>April</i>		ZUMBA 6 - 7 P.M. <i>Justina</i>		
	PILATES 5:30 - 6:30 P.M. <i>Monica</i>				
	ZUMBA 7:30 - 8:30 P.M. <i>Justina</i>				



rwconnect.uhcl.edu

Pre-register up to 72 hours prior to class time on rwconnect.uhcl.edu or at the member services desk. Walk-ins are welcomed, but pre-registered participants will be prioritized in the event that class capacity is met. Please arrive at least 5 minutes prior to class.

KEY

MP1

MP2

MAC GYM

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



Campus Recreation and Wellness
Student Affairs

Recreation and Wellness Center | 281.283.2330 | www.uhcl.edu/campusrecreation