

Spring 2017 GROUP



January 17th - April 28th

Monday	Tuesday	Wednesday	Thursday	Friday
11:30a - 12:00p MPO Belly to Barre	11:45a - 12:25p MPG Tai Chi	11:15a - 11:55a MPG Bootcamp	11:30a - 12:00p MPG Tabata Express	11:15a - 11:55a MPO Total Body Toning
11:45a - 12:25p MPG Hiit Fit	12:00p - 12:40p MPO Spin	11:30a - 12:10p MPO Piyo	11:45a - 12:25p MPO Tai Chi	12:00p - 12:40p MPG Zumba
12:00p - 12:30p MPO Tabata Express	12:45p - 1:25p MPG Cize	12:00p - 12:30p MPG Hiit Fit Express	12:00p - 12:30p MPG Belly to Barre	12:45p - 1:25p MPO Yoga
12:30p - 1:00p MPG Core Crush	5:00p - 5:55p RHNW* Piyo	12:15p - 12:45p MPO Insanity	12:30p - 1:10p MPO Spin	5:30p - 6:25p Pool Aqua/Land Bootcamp
1:15p - 1:55p MPG Flow Yoga	5:30p - 6:25p MPO Flow Yoga	1:15p - 1:55p MPO Power Yoga	5:00p - 5:55p RHSW* Zumba	Saturday
5:30p - 6:25p MPO Cize	6:45p - 7:40p MPO Stretch & Flex	5:30p - 6:25p MPO Ujam	5:30p - 6:25p MPO Ballet Beginnings	10:00a - 10:55a MPO Core on the Ball
7:00p - 7:55p MPO Spin	7:15p - 8:10p RCW Body Pump	6:00p - 6:55p RCW Butts & Guts	7:00p - 7:55p MPO Bosu Yoga	11:15a - 12:45p MPO Power Yoga 90
7:30p - 8:25p RHN* Power Yoga		7:00p - 7:55p RCW Spin	7:15p - 8:10p RCW Cardio Kick	Sunday
			8:00p - 9:30p MPO Beginning Tango	4:00p - 4:55p MPO Zumba

#HEALTHYCOMETS

PASS INFORMATION

- \$50 Semester Passes for members only.
- Refunds available until 1/25/17.
- Prorated passes begin 3/13/17.
- No Classes Spring Break 3/11/17 - 3/19/17.
- Community Users and Sponsored Guests are subject to additional fees.
- Participants will not be admitted 10 minutes after the scheduled start of class.
- *Classes in Res Halls are available only to residents and semester pass holders.

LEGEND

MPO	Multipurpose Room Orange
MPG	Multipurpose Room Green
RCW	Rec Center West
RHN	Res Hall North
RHSW	Res Hall South West
RHNW	Res Hall North West

SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE

For more information and accommodations contact Frankie Branham at frances.branham@utdallas.edu