<table>
<thead>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>H.I.I.T, M3</td>
<td>SPIN, L2/3</td>
<td>SPIN, L2/3</td>
<td>MAT PILATES, M2</td>
<td>H.I.I.T, M3</td>
<td>STEP 45/30/15, M3</td>
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<tr>
<td>12:00-1:00PM</td>
<td>7:30-8:15AM</td>
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<td>12:00-1:00PM</td>
<td>9:45-11:15AM</td>
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<tr>
<td>PARDEE GYM, JWC (DANNY)</td>
<td>RB COURT #8, JWC (CATIE)</td>
<td>RB CT #8, JWC (SEP)</td>
<td>PYRAMID RM, JWC (KC)</td>
<td>PARDEE GYM, JWC (KATIE/GLENNA)</td>
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<tr>
<td>DANCE IT OUT &amp;</td>
<td>GUTS, BUTTS &amp; THIGHS, M2</td>
<td>TOTAL BODY CIRCUIT M3</td>
<td>SPIN, L2/3</td>
<td>ZUMBA, 12:05-12:55PM</td>
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<tr>
<td>CONDITIONING, M2/3</td>
<td>8:30-9:30AM</td>
<td>12:00-1:00PM</td>
<td>7:30-8:15AM</td>
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<td>12:05-12:55PM</td>
<td>PYRAMID RM, JWC (CATIE)</td>
<td>PARDEE GYM, JWC (RYAN &amp; KC)</td>
<td>12:00-1:00PM</td>
<td>PYRAMID RM, JWC (MEGHAN)</td>
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<td>PYRAMID RM, JWC (IKU)</td>
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<td>BRUIN BARBELL, H3</td>
<td>DANCE IT OUT &amp;</td>
<td>WET WORKOUT, L2, 12:10-1:10PM</td>
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<tr>
<td>(DANNY)</td>
<td>BRUIN BARBELL, H3</td>
<td>12:00-1:00PM</td>
<td>CONDITIONING, M2/3</td>
<td>PARK POOL, SCRC</td>
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<td>12:05-12:55PM</td>
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<td>WET WORKOUT, L2,</td>
<td>MAT PILATES, M2</td>
<td>TOTAL BODY CHALLENGE L2/3</td>
<td>BOOTY KICKIN’ BARRE, M2</td>
<td>YOGA BARRE, L2/3</td>
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<td>12:00-1:00PM</td>
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<td>GOLD RM, JWC (CASEY)</td>
<td>PYRAMID RM, JWC (MANDY)</td>
<td>PYRAMID RM, JWC (TBA)</td>
<td>GOLD RM, JWC (CASEY)</td>
<td>GOLD RM, JWC (ISABELLE)</td>
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<td>BOOTCAMP FUN, M2/3</td>
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<td>PILATES &amp; CONDITIONING, M2/3</td>
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<td>12:10-1:10PM</td>
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<td>PYRAMID RM, JWC (CYNTHIA)</td>
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<td>NORTH POOL</td>
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<td>NORTH POOL</td>
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<td>PILATES &amp; CONDITIONING, M2/3</td>
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<td>GOLD RM, JWC (CLARIE)</td>
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**Monday**

- **H.I.I.T, M3**
  - Time: 12:00-1:00PM
  - Location: PARDEE GYM, JWC (DANNY)

- **DANCE IT OUT & CONDITIONING, M2/3**
  - Time: 12:05-12:55PM
  - Location: PYRAMID RM, JWC (IKU)

- **WET WORKOUT, L2**
  - Time: 12:10-1:10PM
  - Location: PARK POOL, SCRC

**Tuesday**

- **SPIN, L2/3**
  - Time: 7:30-8:15AM
  - Location: RB COURT #8, JWC (CATIE)

- **GUTS, BUTTS & THIGHS, M2**
  - Time: 8:30-9:30AM
  - Location: PYRAMID RM, JWC (CATIE)

- **MAT PILATES, M2**
  - Time: 12:05-12:55PM
  - Location: PYRAMID RM, JWC (PETER)

**Wednesday**

- **SPIN, L2/3**
  - Time: 7:30-8:15AM
  - Location: RB CT #8, JWC (SEP)

- **TOTAL BODY CIRCUIT M3**
  - Time: 12:00-1:00PM
  - Location: PARDEE GYM, JWC (KATIE)

- **BRUIN BARBELL, H3**
  - Time: 12:00-1:00PM
  - Location: PARDEE GYM, JWC (RYAN & KC)

- **DANCE IT OUT & CONDITIONING, M2/3**
  - Time: 12:05-12:55PM
  - Location: PYRAMID RM, JWC (MANDY)

- **WET WORKOUT, L2**
  - Time: 12:10-1:10PM
  - Location: PARK POOL, SCRC

**Thursday**

- **MAT PILATES, M2**
  - Time: 7:00-8:00AM
  - Location: PYRAMID RM, JWC (KC)

- **SPIN, L2/3**
  - Time: 7:30-8:15AM
  - Location: RB COURT #8, JWC (CATIE)

- **DANCE IT OUT & CONDITIONING, M2/3**
  - Time: 12:05-12:55PM
  - Location: PARDEE GYM, JWC (IKU)

- **TOTAL BODY CHALLENGE L2, 12:05-12:55PM**
  - Location: PYRAMID RM, JWC (TBA)

- **BOOTY KICKIN’ BARRE, M2**
  - Time: 12:00-1:00PM
  - Location: GOLD RM, JWC (CASEY)

- **AQUA CORE & MORE, M2**
  - Time: 12:00-1:00PM
  - Location: NORTH POOL

- **ZUMBA, M2**
  - Time: 5:15-6:15PM
  - Location: PYRAMID RM, JWC (LAURA)

- **TAE BO, M3**
  - Time: 5:25-6:25PM
  - Location: PARDEE GYM, JWC (BILLY BLANKS)

- **GUTS, BUTTS, & THIGHS, L2/3**
  - Time: 6:20-7:20PM
  - Location: PYRAMID RM, JWC (EMILY)

**Friday**

- **H.I.I.T, M3**
  - Time: 12:00-1:00PM
  - Location: PARDEE GYM, JWC (KATIE/GLENNA)

- **ZUMBA, 12:05-12:55PM**
  - Location: M2

- **WET WORKOUT, L2, 12:10-1:10PM**
  - Location: PARK POOL, SCRC

- **YOGA BARRE, L2/3**
  - Time: 4:00-5:00PM
  - Location: GOLD RM, JWC (ISABELLE)

- **BOOTCAMP FUN, M2/3**
  - Time: 5:30-6:45PM
  - Location: PYRAMID RM, JWC (CYNTHIA)

**Saturday**

- **STEP 45/30/15, M3**
  - Time: 9:45-11:15AM
  - Location: PYRAMID RM, JWC

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**Get Started with a Fitness Pass**

All Group Exercise classes require a Fitness Pass. Unlimited use for one quarter.

- Cost: $35/quarter
- Get your Fitness Pass at the John Wooden Center, 1st floor, Sales & Cashiering.

**Choose Your Workout**

- **Complexity of Choreography**
  - L: Low
  - M: Medium
  - H: High

- **Exercise Intensity**
  - 1: Low
  - 2: Medium
  - 3: High

**Find More Information**

- Check [www.recreation.ucla.edu/groupx](http://www.recreation.ucla.edu/groupx) for workout descriptions and updates.

- All classes are on a space-available basis. Participants must be present for warm-up. No late entry. No auditing.

- Appropriate athletic clothing and shoes required.

- Thick fitness mats provided.

- *Reserve a spot for impacted Spin classes 1 hour prior to class time at the Fitwell Desk, 1st floor John Wooden Center.*

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*written by an AI*