

GroupX

FALL 2018

FINALS & INTERIM SCHEDULE

DURING THESE TWO WEEKS, YOU CAN ATTEND ANY OF THESE CLASSES WITH ANY ACTIVITY PASS

FINALS - DECEMBER 10-14

Monday	Tuesday	Wednesday	Thursday	Friday
H.I.I.T, M3, 12:00-1:00PM, PARDEE GYM, JWC (DANNY)	SPIN, L2/3, 7:30-8:15AM, STUDIO 2314, JWC (CATIE)	TOTAL BODY CIRCUIT, M3, 12:00-1:00PM, PARDEE GYM, JWC (KC)	SPIN, L2/3, 7:30-8:15AM, STUDIO 2314, JWC (CATIE)	H.I.I.T, M3, 12:00-1:00PM, PARDEE GYM, JWC (SUZANNE)
DANCE IT OUT & CONDITIONING, M2/3, 12:00-1:00PM, PYRAMID RM, JWC (MANDY)	BRUIN BARBELL, H3, 12:00-1:00PM, PARDEE GYM, JWC (KC)	CARDIO FUNK, M2, 12:00-1:00PM, PYRAMID RM, JWC (MILO)	BRUIN BARBELL, H3, 12:00-1:00PM, PARDEE GYM, JWC (KC)	DANCE IT OUT, 12:00-1:00PM, M2, PYRAMID RM, JWC (TAYLOR)
DANCE IT OUT, M2, 5:15-6:15PM, PYRAMID RM, JWC (TAYLOR)	PILATES & CONDITIONING, M2/3, 4:00-4:55PM, PYRAMID RM, JWC (CLAIRE)	ZUMBA, M2, 5:15-6:15PM, PYRAMID RM, JWC (LAURA)	TOTAL BODY CHALLENGE L2, 12:00-1:00PM, PYRAMID RM, JWC (RACHEL)	BOOTCAMP FUN, M 2/3, 5:30-6:45PM PYRAMID RM, JWC (CYNTHIA)
SPIN, L2/3, 6:30-7:15PM, STUDIO 2314, JWC (EMILY)	TOTAL BODY CHALLENGE L2/3, 5:15-6:15PM, PYRAMID RM, JWC (GLENNA)	SPIN, L2/3, 6:30-7:15PM, STUDIO 2314, JWC (LORENA)	PILATES & CONDITIONING, M2/3, 4:00-5:00PM, PYRAMID RM, JWC (CLAIRE)	
TOTAL BODY CHALLENGE, M2/3, 6:30-7:30PM, PARDEE GYM, JWC (VIKRAM)	AGILITY & CONDITIONING, H3, 5:15-6:15PM, PARDEE GYM, JWC, (MELNIKAS)	TOTAL BODY CHALLENGE, L2/3, 6:30-7:30PM, PARDEE GYM, JWC (RACHEL)	BARRE WITHOUT A BARRE, M2/3, 5:30-6:30PM, PYRAMID RM, JWC (CLAIRE)	
GUTS, BUTTS & THIGHS, M2/3, 7:30-8:30PM, PYRAMID RM, JWC (EMILY)	BARBELL & CONDITIONING H3, 6:25-7:25PM, PARDEE GYM, JWC (MELNIKAS)		BARBELL & CONDITIONING H3, 6:25-7:25PM, PARDEE GYM, JWC (OLIVIA)	
	SPIN, L2/3, 6:30-7:15PM, STUDIO 2314, JWC (GLENNA)		SPIN, L2/3, 7:00-7:45AM, STUDIO STUDIO 2314, JWC (CLAIRE)	

More Information

Check 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.

INTERIM - DECEMBER 17-21

Monday	Tuesday	Wednesday	Thursday
H.I.I.T, M3, 12:00-1:00PM, PARDEE GYM, JWC (DANNY)	BRUIN BARBELL, H3, 12:00-1:00PM, PARDEE GYM, JWC (KC)	TOTAL BODY CIRCUIT, M3, 12:00-1:00PM, PARDEE GYM, JWC (KC)	BRUIN BARBELL, H3, 12:00-1:00PM, PARDEE GYM, JWC (KC)
DANCE IT OUT & CONDITIONING, M2/3, 12:00-1:00PM, PYRAMID RM, JWC (MANDY)	PILATES & CONDITIONING, M2/3, 4:00-5:00PM, PYRAMID RM, JWC (CLAIRE)	CARDIO FUNK, M2, 12:00-1:00PM, PYRAMID RM, JWC (MILO)	
ZUMBA, M2, 5:15-6:15PM, PYRAMID RM, JWC (MEGHAN D)	TOTAL BODY CHALLENGE, L2/3, 5:15-6:15PM, PYRAMID RM, JWC, (GLENNA)	ZUMBA, M2, 5:15-6:15PM, PYRAMID RM, JWC (MEGHAN D)	
SPIN, L2/3, 6:00-6:45PM, STUDIO 2314, JWC (EMILY)		SPIN, L2/3, 6:30-7:15PM, STUDIO 2314, JWC (LORENA)	