

Yoga

FALL 2018 FINALS & INTERIM SCHEDULE DECEMBER 10-14 & DECEMBER 17-21 DURING THESE TWO WEEKS, YOU CAN ATTEND ANY OF THESE CLASSES WITH ANY ACTIVITY PASS

DECEMBER 10 - 14

Monday	Tuesday	Wednesday	Thursday	Friday
MIXTAPE YOGA & CHILL, L1/2, 3:00-4:30PM, DYNASTY RM, JWC	YOGA TUNE UP, L1/2, 10:30-11:45AM, DYNASTY RM, JWC (TIFFANY)	NAP TIME YOGA, L1, 3:15-3:45PM, PYRAMID RM, JWC (ISABELLE)	YOGA TUNE UP, L1/2, 10:30-11:45AM, DYNASTY RM, JWC (TIFFANY)	MIXTAPE YOGA & CHILL, L2/3, 5:30-7:00PM, DYNASTY RM, JWC (MARCO)
YOGA SCULPT, L2/3, 4:00-5:00PM, PYRAMID RM, JWC (ISABELLE)	YOGA SCULPT, L2, 12:00-1:00PM, PYRAMID ROOM, JWC, (MADISON)	YOGA SCULPT, L2/3, 4:00-5:00PM, PYRAMID RM, JWC (ISABELLE)	CORE YOGA FLOW, L2/3, 12:00-1:00PM, DYNASTY RM, JWC (SOPHIA)	
ARM BALANCES & INVERSIONS L1/2, 5:00-7:00PM, SQUASH COURT A, JWC (MARCO)	CORE YOGA FLOW, L2/3, 3:00-4:00PM, PYRAMID RM, JWC (MADISON)	YOGA - DEEP STRETCHING & RELAXATION, L1, 7:25-8:25PM, PYRAMID RM, JWC (ISABELLE)	CORE YOGA FLOW, L2/3, 4:30-5:45PM, DYNASTY RM, JWC (CHIOMA)	
CORE YOGA FLOW L1/2, 6:20-7:20PM, PYRAMID RM, JWC (ISABELLE)	UPBEAT YOGA FLOW, L1/2, 4:00-5:00PM, DYNASTY RM, JWC (ISABELLE)		AFROBEAT YOGA L1/2, 6:00-7:10PM, DYNASTY RM, JWC (CHIOMA)	
	CORE YOGA FLOW L1/2, 6:00-7:10PM, DYNASTY RM, JWC (TAYLOR)			

DECEMBER 17 - 21

Monday	Tuesday	Wednesday	Thursday
YOGA SCULPT, L2/3, 4:00-5:00PM, PYRAMID RM, JWC (ISABELLE)	YOGA SCULPT, L2, 12:00-1:00PM, PYRAMID ROOM, JWC, (MADISON)	YOGA SCULPT, L2/3, 4:00-5:00PM, PYRAMID RM, JWC (ISABELLE)	CORE YOGA FLOW, L2/3, 12:00-1:00PM, DYNASTY RM, JWC (ANIA)
CORE YOGA FLOW L1/2, 6:20-7:20PM, PYRAMID RM, JWC (ISABELLE)	UPBEAT YOGA FLOW, L1/2, 4:00-5:00PM, DYNASTY RM, JWC (ISABELLE)		CORE YOGA FLOW, L2/3, 4:30-5:45PM, DYNASTY RM, JWC (CHIOMA)
	CORE YOGA FLOW L1/2, 5:30-6:45PM, DYNASTY RM, JWC (ISABELLE)		AFROBEAT YOGA L1/2, 6:00-7:10PM, DYNASTY RM, JWC (CHIOMA)

Get Started With a Yoga Pass

All Group Exercise classes require a Fitness Pass. Unlimited use for one quarter is \$25 and available for purchase from Sales & Service in the John Wooden Center.

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 for workout descriptions and updates.

All classes are on a space-available basis.

Participants

must be present for warm-up. No late entry.

Athletic shoes required.

Thick fitness mats provided. Bring your own yoga mat for pilates yoga and yogalattes classes.