

Yoga

SUMMER C 2018

AUGUST 8 - SEPTEMBER 16

NO CLASSES 9/3

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
YOGA SCULPT, L2/3 4:00-5:00PM PYRAMID RM, JWC (ISABELLE)	YOGA SCULPT, L1 8:15-9:15AM DYNASTY RM, JWC (ANIA)	YOGA SCULPT, L2/3 4:00-5:00PM PYRAMID RM, JWC (ISABELLE)	YOGA SCULPT, L1 8:15-9:15AM DYNASTY RM, JWC (ANIA)	MIX TAPE YOGA & CHILL, L1/2 4:00-5:30PM DYNASTY RM, JWC (MARCO)	ARM BALANCES & INVERSIONS, M2/3 4:00-6:00PM DYNASTY RM, JWC (MARCO)
BEGINNER FUNDAMENTALS, L1 4:00-5:00PM DYNASTY RM, JWC (MARCO)	CORE YOGA FLOW L2/3 4:30-5:45PM DYNASTY RM, JWC (ANIA)	YOGA FLOW, L1/2 5:30-6:40PM DYNASTY RM, JWC (DARRIAN)	CORE YOGA FLOW L2/3 4:30-5:45PM DYNASTY RM, JWC (ANIA)	CHILLAX RESTORATIVE, L1/2 5:30-6:45PM DYNASTY RM, JWC (MARCO)	MIX TAPE YOGA & CHILL L2/3 6:00-7:30PM DYNASTY RM, JWC (MARCO)
MIX TAPE YOGA & CHILL, L1/2 5:00-6:30PM DYNASTY RM, JWC (MARCO)	CORE YOGA FLOW L1/2 6:00-7:10PM DYNASTY RM, JWC (SOPHIA)	DE-STRESS: YOGA & MINDFUL MEDITATION, L1 6:45-8:00PM DYNASTY RM, JWC (ISABELLE)	CORE YOGA FLOW L1/2 6:10-7:20PM DYNASTY RM, JWC (JACKELYN)		CHILLAX YOGA & MEDITATION, L1/2 7:30-8:45PM DYNASTY ROOM JWC (MARCO)
CORE YOGA FLOW L1/2 6:35-7:35PM DYNASTY RM, JWC (ISABELLE)					

*Unlimited access to all
Yoga classes at the
John Wooden Center and
Sunset Canyon Recreation.
Only \$45 per quarter.*

Get Started with a Yoga Pass

All you can yoga. Unlimited access to all classes

Cost: \$45/quarter

Get your Yoga Pass: 1st floor, John Wooden Center, Sales & Service.

Check www.recreation.ucla.edu/yoga 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.

Wear athletic clothing, no shoes required.

Bring your own yoga mat.

Locations:

JWC: John Wooden Center

SCRC: Sunset Canyon Recreation Center