

GroupX

SPRING 2018

INTERIM WEEK

JUNE 18 - JUNE 22

MUST HAVE A VALID GROUPX OR YOGA PASS TO PARTICIPATE

Monday - June 18	Tuesday - June 19	Wednesday - June 20	Thursday - June 21	Friday - June 22
H.I.I.T, M3 12:00-1:00PM PARDEE GYM, JWC (SERGIO)	BRUIN BARBELL, H3, 12:00-1:00PM PARDEE GYM, JWC (RYAN & KC)	TOTAL BODY CIRCUIT, M3 12:00-1:00PM PARDEE GYM, JWC (KC)	BRUIN BARBELL, H3 12:00-1:00PM PARDEE GYM, JWC (RYAN & KC)	H.I.I.T, M3 12:00-1:00PM PARDEE GYM, JWC (SERGIO)
DANCE IT OUT & CONDITIONING, M2/3, 12:00-1:00PM PYRAMID RM, JWC (MANDY)	AGILITY & CONDITIONING, H3, 5:00-6:00PM PARDEE GYM, JWC (SERGIO)	DANCE IT OUT & CONDITIONING, M2/3 12:00-1:00PM, PYRAMID RM, JWC (IKU)	TOTAL BODY CHALLENGE L2 12:00-1:00PM PYRAMID RM, JWC (SERGIO)	
YOGA SCULPT, L2/3, 4:00-5:00PM PYRAMID RM, JWC (ISABELLE)		YOGA SCULPT, L2/3 4:00-5:00PM PYRAMID RM, JWC (ISABELLE)	TOTAL BODY CHALLENGE, L2/3 5:00-6:00PM PYRAMID RM, JWC (VIKRAM)	
GUTS, BUTTS & THIGHS, M2/3, 5:15-6:15PM PYRAMID RM, JWC (ANDREW)		ZUMBA, M2 5:15-6:15PM PYRAMID RM, JWC (LAURA)	AGILITY & CONDITIONING, H3 5:10-6:10PM PARDEE GYM, JWC (SERGIO & HUMBERTO)	
CORE YOGA FLOW, L1/2 6:25-7:25PM PYRAMID RM, JWC (ISABELLE)		GUTS, BUTTS, & THIGHS L2/3 6:20-7:20PM PYRAMID RM, JWC (EMILY)		