GROUP EXERCISE
DECEMBER 10 - DECEMBER 15
FALL 2017

SUNDAY

4:30PM-5:30PM  SLOW YOGA FLOW (B)
6:00PM-7:00PM  ZUMBA (A)

MONDAY

11:30AM-12:30PM  VINYASA YOGA FLOW (B)
12:15PM-12:45PM  SWEATSHOP (A)
12:50PM-1:00PM  ABS & BACK (A)
5:30PM-6:30PM  GUIDED MEDITATION (B)
5:30PM-6:15PM  PILATES (A)
6:45PM-7:45PM

TUESDAY

12:15PM-12:45PM  STEP EXPRESS (B)
12:50PM-1:00PM  GLUTES & GUTS (B)
4:15PM-5:15PM  SLOW YOGA FLOW (B)
5:30PM-6:15PM  GUIDED MEDITATION (A)
5:30PM-6:30PM  CYCLE (B)
6:30PM-7:30PM  ZUMBA (A)
6:45PM-7:30PM  CARDIO KICKBOXING (B)

WEDNESDAY

11:30AM-12:30PM  SLOW YOGA FLOW (B)
12:15PM-12:45PM  SWEATSHOP (A)
12:50PM-1:00PM  ABS & BACK (A)
1:00PM-1:45PM  GUIDED MEDITATION (B)
4:15PM-5:15PM  VINYASA YOGA FLOW (B)
5:30PM-6:30PM  ZUMBA (A)
5:30PM-6:15PM  DANCEFITNESS (B)
6:30PM-7:30PM  PILATES (A)
6:45PM-7:45PM

THURSDAY

12:15PM-12:45PM  CYCLE EXPRESS (B)
12:50PM-1:00PM  GLUTES & GUTS (B)
1:00PM-1:45PM  GUIDED MEDITATION (A)
4:15PM-5:15PM  SLOW YOGA FLOW (B)
5:30PM-6:15PM  RIPPED (A)
6:30PM-7:30PM  ZUMBA (A)
6:45PM-7:30PM  CARDIO KICKBOXING (B)

FRIDAY

11:30AM-12:30PM  VINYASA YOGA FLOW (B)
12:15PM-12:45PM  3-2-1 BURN (A)
12:50PM-1:00PM  ABS & BACK (A)

ALL CLASSES ARE FREE DURING FINALS WEEK!

★ NO CLASSES DECEMBER 16 & 17
★ WINTER BREAK GX SCHEDULE BEGINS DECEMBER 18

RECREATIONAL SPORTS
www.recsports.unt.edu
940-565-2275 | 940-369-8347
UNT EST. 1890