GROUP EXERCISE
SPRING BREAK 2018

RECENT CENTER CLOSED MARCH 10-12

TUESDAY
MARCH 13
★ 12:15PM-12:45PM CYCLE EXPRESS (B)
★ 12:50PM-1:00PM ABS & BACK (B)
4:15PM-5:15PM YIN YOGA (B)
5:30PM-6:30PM RIPPED (A)
5:30PM-6:30PM ZUMBA (B)
6:45PM-7:45PM PILATES (B)

WEDNESDAY
MARCH 14
11:30AM-12:30PM SLOW YOGA FLOW (B)
★ 12:15PM-12:45PM SWEATSHOP (A)
★ 12:50PM-1:00PM GLUTES & GUTS (A)
4:15PM-5:15PM PILATES (B)
5:30PM-6:30PM ZUMBA (A)
5:30PM-6:30PM VINYASA YOGA FLOW (B)

THURSDAY
MARCH 15
11:15AM-12:15PM VINYASA YOGA FLOW (B)
★ 12:15PM-12:45PM ZUMBA EXPRESS (A)
★ 12:50PM-1:00PM ABS & BACK (A)
4:15PM-5:15PM SLOW FLOW YOGA (B)
5:30PM-6:30PM RIPPED (A)
6:45PM-7:45PM PILATES (B)

FRIDAY
MARCH 16
11:30AM-12:30PM YIN YOGA (B)
★ 12:15PM-12:45PM T-30 (A)
★ 12:50PM-1:00PM ABS & BACK (A)
4:15PM-5:15PM VINYASA YOGA FLOW (B)
5:30PM-6:30PM ZUMBA (A)

SATURDAY
MARCH 17
11:00AM-12:30PM WEEKEND WARRIOR (B)
12:45PM-1:45PM ZUMBA (A)

★ FREE CLASS

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