

GROUP EXERCISE

WINTER BREAK SCHEDULE



DECEMBER 17 - DECEMBER 21



MONDAY, DECEMBER 17 ❄️

11:30AM-12:30PM PILATES (A)
12:15PM-12:45PM CYCLE EXPRESS (B)
12:50PM-1:00PM ARMS & ABS (B)
5:30PM-6:30PM ZUMBA (A)
6:45PM-7:45PM SLOW FLOW YOGA (B)

TUESDAY, DECEMBER 18 ❄️

11:30AM-12:30PM VINYASA FLOW YOGA (B)
5:30PM-6:30PM HIIT & RECOVER (B)
6:45PM-7:45PM CYCLE & STRENGTH (B)

WEDNESDAY, DECEMBER 19 ❄️

11:30AM-12:30PM PILATES (203)
12:15PM-12:45PM SHRED (A)
12:50PM-1:00PM HARD CORE (A)
5:30PM-6:30PM VINYASA FLOW YOGA (A)
6:45PM-7:45PM CORE DE FORCE (A)

THURSDAY, DECEMBER 20 ❄️

11:30AM-12:30PM SLOW FLOW YOGA (B)
5:30PM-6:30PM ZUMBA (A)
6:45PM-7:45PM STRENGTH CIRCUIT (B)

FRIDAY, DECEMBER 21 ❄️

11:30AM-12:30PM CORE FLOW YOGA (B)
12:15PM-12:45PM STEP EXPRESS (A)
12:50PM-1:00PM ARMS & ABS (A)

NO CLASSES DECEMBER 22-23

REC CENTER WILL BE CLOSED
DECEMBER 24-JANUARY 1



ALL CLASSES FREE DECEMBER 17-21, 2018



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GROUP EXERCISE

WINTER BREAK SCHEDULE



JANUARY 2 - JANUARY 11



WEDNESDAY, JANUARY 2 ❄️

11:30AM-12:30PM
12:15PM-12:45PM
12:50PM-1:00PM
5:30PM-6:30PM
6:45PM-7:45PM

SLOW FLOW YOGA (A)
CYCLE EXPRESS (B)
ARMS & ABS (B)
DANCE FITNESS (A)
STRENGTH CIRCUIT (B)

MONDAY, JANUARY 7 ❄️

11:30AM-12:30PM
12:15PM-12:45PM
12:50PM-1:00PM
5:30PM-6:30PM
6:45PM-7:45PM

VINYASA FLOW YOGA (B)
SHRED (A)
ARMS & ABS (A)
DANCE FITNESS (A)
SLOW FLOW YOGA (B)

THURSDAY, JANUARY 3 ❄️

12:15PM-12:45PM
12:50PM-1:00PM
5:30PM-6:30PM
6:45PM-7:45PM

CORE DE FORCE (A)
ROLL & RECOVER (A)
VINYASA FLOW YOGA (A)
CYCLE & STRENGTH (B)

TUESDAY, JANUARY 8 ❄️

12:15PM-12:45PM
12:50PM-1:00PM
5:30PM-6:30PM
6:45PM-7:45PM

GLUTES & GUTS (A)
ROLL & RECOVER (A)
VINYASA FLOW YOGA (A)
CYCLE & STRENGTH (B)

FRIDAY, JANUARY 4 ❄️

11:30AM-12:30PM
12:15PM-12:45PM
12:50PM-1:00PM

CORE FLOW YOGA (B)
STEP EXPRESS (A)
ARMS & ABS (A)

WEDNESDAY, JANUARY 9 ❄️

11:30AM-12:30PM
12:15PM-12:45PM
12:50PM-1:00PM
5:30PM-6:30PM
6:45PM-7:45PM

SLOW FLOW YOGA (A)
CYCLE EXPRESS (B)
ARMS & ABS (B)
ZUMBA (A)
STRENGTH CIRCUIT (B)

NO CLASSES JANUARY 5-6

ALL CLASSES
FREE

THURSDAY, JANUARY 10 ❄️

11:30AM-12:30PM
12:15PM-12:45PM
12:50PM-1:00PM
5:30PM-6:30PM
6:45PM-7:45PM

PILATES (B)
SHRED (A)
HARD CORE (A)
HIIT & RECOVER (A)
DANCE FITNESS (A)

FRIDAY, JANUARY 11 ❄️

11:30AM-12:30PM
12:15PM-12:45PM

CORE FLOW YOGA (B)
ZUMBA (A)



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