

APRIL

GROUP FITNESS SCHEDULE

Bryan Williams, M.D. Student Center

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
	1 1:00p: Yoga Break 7:00p: Latin Dance Beginner 7:40p: Latin Dance Intermediate	2 4:30p: Pilates 7:30p: Restorative Yoga	3 1:00p: Yoga Break 4:00p: Restorative Yoga 5:30p: Group Cycle*	4
7 4:00p: Restorative Yoga 5:30p: Running Club 5:30p: Group Cycle*	8 1:00p: Yoga Break 5:30p: Step and Sculpt	9 7:30p: Restorative Yoga	10 1:00p: Yoga Break 4:00p: Restorative Yoga 5:15p: Group Cycle*	11
14 4:00p: Restorative Yoga 5:30p: Running Club 5:30p: Group Cycle*	15 1:00p: Yoga Break 5:30p: Step and Sculpt 7:00p: Latin Dance Beginner 7:40p: Latin Dance Intermediate	16 5:30p: Pilates 7:30p: Restorative Yoga	17 1:00p: Yoga Break 5:30p: Group Cycle*	18
21 4:00p: Restorative Yoga 5:30p: Running Club 5:30p: Group Cycle*	22 1:00p: Yoga Break 4:30p: Step and Sculpt	23 4:30p: Pilates 7:30p: Restorative Yoga	24 1:00p: Yoga Break 4:00p: Restorative Yoga	25
28 4:00p: Restorative Yoga 5:30p: Running Club 5:30p: Group Cycle*	29 1:00p: Yoga Break 4:30p: Step and Sculpt 7:00p: Latin Dance Beginner 7:40p: Latin Dance Intermediate	30 4:30p: Pilates 7:30p: Restorative Yoga	*Reserve a bike for Group Cycle on the Student Center Web Portal at: https://bwsc.utsouthwestern.edu Click on "Court and Class Reservations" – Reserve up to 24 hours in advance.	
				2025