

Group Fitness @ The Bryan Williams, M.D. Student Center

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
1	2 2:30p: Yoga Break 5:30p: RPM Spin	3 4:00p: Pilates	4 2:30p: Yoga Break 5:30p: RPM Spin	5
8 5:00p: Step and Sculpt 6:30p: Restorative Yoga	9 2:30p: Yoga Break 5:30p: RPM Spin	10 5:30p: Group Cycle	11 2:30p: Yoga Break 5:30p: RPM Spin	12
15 5:00p: Step and Sculpt 6:30p: Restorative Yoga	16 2:30p: Yoga Break 5:30p: RPM Spin 6:00p: Fitness Club	17 4:00p: Pilates 5:30p: Group Cycle	18 2:30p: Yoga Break 5:30p: RPM Spin	19 STUDENT CENTER CLOSED
22 5:00p: Step and Sculpt 6:30p: Restorative Yoga	23 2:30p: Yoga Break 5:30p: RPM Spin	24 4:00p: Pilates 5:30p: Group Cycle	25 2:30p: Yoga Break 5:30p: RPM Spin	26
29 6:30p: Restorative Yoga	30 2:30p: Yoga Break 5:30p: RPM Spin			<p>*Reserve a bike for Group Cycle on the Student Center Web Portal at: https://bwsc.utsouthwestern.edu</p> <p>Click on “Court and Class Reservations” – Reserve up to 24 hours in advance.</p>

June 2026