

JULY

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 5:30p: Running Club	2 1:00p: Yoga Break 6:00p: Strength and Conditioning	3 7:30a: Morning Group Cycle*	4 STUDENT CENTER CLOSED	5
8 5:30p: Running Club 5:30p: Group Cycle*	9 1:00p: Yoga Break 6:00p: Strength and Conditioning	10 7:30a: Morning Group Cycle* 7:00p: Latin Dance Beginner 7:40p: Latin Dance Intermediate	11 1:00p: Yoga Break 6:00p: Strength and Conditioning	12
15 5:30p: Running Club 5:30p: Group Cycle*	16 1:00p: Yoga Break 6:00p: Strength and Conditioning	17 7:30a: Morning Group Cycle*	18 1:00p: Yoga Break 6:00p: Strength and Conditioning	19
22 5:30p: Running Club 5:30p: Group Cycle*	23 1:00p: Yoga Break 6:00p: Strength and Conditioning	24 7:30a: Morning Group Cycle*	25 1:00p: Yoga Break 6:00p: Strength and Conditioning	26
29 5:30p: Running Club 5:30p: Group Cycle*	30 1:00p: Yoga Break	31 7:30a: Morning Group Cycle*	*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.	

2024