

GroupX BONUS Classes

FINALS WEEK FALL 2024

The regular Fall GroupX schedule ends Sunday 12/8. We have a handful of bonus classes to offer the week of Finals week on Mon 12/9, Tues 12/10, and Wed 12/11. Please reserve your spot for each class you plan to attend. Sign-ups are available online 72 hours before each class occurrence under GroupX Reservations at <https://secure.recreation.ucla.edu>

Monday 12/9

11am Destress Yoga Flow, Dynasty Rm, Isabelle
12pm Yoga Sculpt, Dynasty Rm, Isabelle
4:15-5pm Spin, Studio 2314, Francesca
4:30-5:30pm Dance Cardio Party, Gold Rm, Sam F
5-6:15pm Power Yoga Flow, Pyramid Rm, Brenda
5:30pm Spin, Studio 2314, Josh
6:30-7:30pm Mat Pilates, Pyramid Rm, Brenda

Tuesday 12/10

12-1pm, Mat Pilates, Pyramid Rm, Peter
4-5pm Dance Cardio Party, Pyramid Rm, Cammy
4:15-5pm Spin, Studio 2314, Jess K
5-5:55pm Zumba, Dynasty Rm, Keiko
5:30-6:30pm, Total Body Challenge, Pyramid Rm Jess K
5:30-6:15pm Spin, Studio 2314, Josh
6-7pm Hatha Vinyasa Yoga Flow, Dynasty Rm, Grace
7:30-8:45pm KPop Dance Jam, Pyramid Rm, Wasil

Wednesday 12/11

11am Destress Yoga Flow, Dynasty Rm, Isabelle
12pm Yoga Sculpt, Dynasty Rm, Isabelle
4-5pm Sensazao, Gold Rm, Xochitl
5-6:15pm Power Yoga Flow, Pyramid Rm, Isabelle
5:30-6:15pm Spin, Studio 2314, Josh
7:45-8:30pm Spin, Studio 2314, Autumn

*We will resume with the Winter GroupX classes on Monday, January 6, 2025. Please register and purchase your Winter 2025 pass at the UCLA Recreation online store under Memberships: GroupX Fitness & Yoga Pass at <https://secure.recreation.ucla.edu>

Have a happy and healthy holiday break!

