

group **FITNES**

FITNESS

Monday

Tuesday

Wednesday

Thursday

Fri/Sat

Yoga
7:15-8am
Nnamdi MP4/5

Breath Works
8:30-9:15am
Danny Well & MAC

Sound Meditation
10-10:45am
Jude MP 3

Mat Pilates
11-11:45am
Milana MP 4/5

Sound Meditation
12-12:45pm
Jude MP 3

Line Dance
5-5:45pm
Myka MP 1/2

Pilates
5-5:45pm
Dera MP4/5

TRX Circut
7-7:45pm
Alex RZ

Zumba
7-7:45pm
Myka MP 4/5

Interval Training
8-8:45pm
Alex RZ

Yoga
7-7:45am
Olesya MP4/5

Breath Works
8:30-9:15am
Danny Well & MAC

Mat Pilates
9-9:45am
Milana MP 4/5

Zumba
9-9:45am
Daist MP 3

Mat Pilates
12:15-1pm
Leilany MP 4/5

Sculpt & Cycle
4-4:45pm
Autumn MP 6

Zumba
5-5:45pm
Myka MP 1/2

Mat Pilates
7-7:45pm
Kennedy MP 4/5

Total Body
7-7:45pm
Mahlet RZ

Mat Pilates
12:12-1pm
Milana MP 4/5

Barre
12-12:45pm
Mia MP3

Barre
12-12:45pm
Mia MP3

Pilates
5-5:45pm
Dera MP4/5

Dance Fusion
6-6:45pm
Leticia MP1/2

Cycle 45
6-6:45pm
Joelle MP6

TRX Circut
7-7:45pm
Alex RZ

Interval Training
8-8:45pm
Alex RZ

Yoga
7-7:45am
Olesya MP4/5

Breath Works
8:30-9:15am
Danny Well & MAC

Sound Meditation
11am-12pm
Jude MP 3

Zumba
9-9:45am
Daisy MP 3

Mat Pilates
9-9:45am
Milana MP 4/5

Sound Meditation
12:15-1pm
Jude MP 3

Mat Pilates
12:15-1pm
Leilany MP 4/5

Sculpt & Cycle
4-4:45pm
Autumn MP 6

Zumba
5-5:45pm
Amaan MP 1/2

Night Club Cardio
6-6:45pm
Amaan MP 1/2

Total Body
7-7:45pm
Mahlet MP 1/2

Mat Pilates
7-7:45pm
Kennedy MP 4/5

Yoga
Fri: 7:15-8am
Nnamdi MP4/5

Sound Meditation
Fri: 12- 12:45
Jude MP3

Cycle 45
Fri: 12-12:45pm
Jolie MP6

Sound Meditation
Fri: 3-4pm
Jude MP 3

Pilates
Fri: 5-5:45pm
Dera MP 4/5

Dance Fusion
Sat: 10-10:45am
Leticia MP 4/5

Sound Meditation
Sat: 10- 10:45
Jude MP 3

Sound Meditation
Sat: 1- 2pm
Jude MP 3



Campus Recreation
Division of Student Affairs



UHRECREATION
UH.EDU/RECREATION
Be Well Do Well

Our amazing instructors design fun and efficient workouts for all experience levels, with easy modifications to find the right level of challenge.

Accomodations on the basis of disability are available by calling the Fitness Director at (713)743-7944