### MONDAY
- **Cycle 50**: 7:00am-7:50am, Rowdy
- **Yoga**: 12:00pm-1:00pm, Orange
- **Synrgy360®**: 12:00pm-12:50pm, Rowdy
- **Total Body Toning**: 4:00pm-4:50pm, Rec
- **Cardio Grooves**: 5:00pm-5:50pm, Rec
- **Yoga**: 5:30pm-6:30pm, Orange
- **Core**: 6:00pm-6:20pm, Rec
- **Kettle Fit**: 6:30pm-7:20pm, Rec
- **Cycle 50**: 6:30pm-7:20pm, Blue
- **Brazilian jiu jitsu**: 7:00pm-8:30pm, Rowdy
- **Synrgy360®**: 7:30pm-8:20pm, Rec
- **Zumba®**: 8:30pm-9:20pm, Rec

### TUESDAY
- **Yoga**: 7:00am-8:00am, Orange
- **Cycle 50**: 12:00pm-12:50pm, Rowdy
- **Total Body Toning**: 4:00pm-4:50pm, Rec
- **Step & Tone**: 5:00pm-5:20pm, Rec
- **Core**: 5:30pm-6:20pm, Rowdy
- **Synrgy360®**: 6:00pm-6:20pm, Rec
- **Kickboxing**: 6:30pm-7:20pm, Rec
- **Kettle Fit**: 7:30pm-8:20pm, Rec
- **Yoga**: 7:30pm-8:20pm, Rec
- **Zumba®**: 8:30pm-9:20pm, Rec

### WEDNESDAY
- **Cycle 50**: 7:00am-7:50am, Rowdy
- **Int/Adv Yoga**: 12:00pm-1:00pm, Orange
- **Synrgy360®**: 12:00pm-12:50pm, Rowdy
- **BOSU**: 4:00pm-4:50pm, Rec
- **Zumba®**: 5:00pm-5:50pm, Rec
- **Yoga**: 5:30pm-6:30pm, Orange
- **Core**: 6:00pm-6:20pm, Rec
- **Total Body Toning**: 6:30pm-7:20pm, Rec
- **Cycle 50**: 6:30pm-7:20pm, Rowdy
- **Brazilian Jiu Jitsu**: 7:00pm-8:30pm, Blue
- **Synrgy360®**: 7:30pm-8:20pm, Rowdy
- **Body Burn**: 7:30pm-8:20pm, Rec
- **Cardio Grooves**: 8:30pm-9:20pm, Rec

### THURSDAY
- **Yoga**: 7:00am-8:00am, Orange
- **Cycle 50**: 12:00pm-12:50pm, Rowdy
- **Total Body Toning**: 12:00pm-12:50pm, Rec
- **Step & Tone**: 4:00pm-4:50pm, Rec
- **Core**: 5:00pm-5:20pm, Rec
- **Synrgy360®**: 5:30pm-6:20pm, Rowdy
- **Kickboxing**: 6:30pm-7:20pm, Rec
- **Kettle Fit**: 6:30pm-7:30pm, Rec
- **Int/Adv Yoga**: 7:30pm-7:30pm, Orange
- **Zumba®**: 7:30pm-8:20pm, Rec
- **Cycle 50**: 7:30pm-8:20pm, Rowdy

### FRIDAY
- **Cycle 50**: 11:00am-11:50am, Rowdy
- **Yoga**: 12:00pm-1:00pm, Orange
- **Synrgy360®**: 12:00pm-12:50pm, Rowdy
- **Cardio Grooves**: 5:30pm-6:20pm, Rec

### SATURDAY
- **Zumba®**: 11:00am-11:50am, Rec
- **Yoga**: 12:00pm-1:00pm, Orange

### SUNDAY
- **Brazilian Jiu Jitsu**: 3:00pm-4:30pm, Blue
- **Zumba®**: 5:00pm-5:50pm, Rec
- **Synrgy360®**: 6:00pm-6:50pm, Rowdy
- **Yoga**: 7:00pm-8:00pm, Orange

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- Regular schedule runs from January 12 - April 24
- Reduced schedule runs from April 27 - May 8 at 1:00pm
- Classes are canceled on the following dates:
  - January 19 for MLK Holiday
  - February 21 for TexFit
  - March 7 - 15 for Spring Break
  - April 3 - 5 for Easter
- All classes are first-come, first-serve.
- Class instructor/type subject to change without notice.
- Schedules are online at campusrec.utsa.edu
- A minimum of two (2) participants are required for a class to take place.