

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

| <i><b>MONDAY</b></i>                                                                  | <i><b>TUESDAY</b></i>                            | <i><b>WEDNESDAY</b></i>                                   | <i><b>THURSDAY</b></i>                                                         | <i><b>FRIDAY</b></i>                                                                                                                                                                                                                                                   |
|---------------------------------------------------------------------------------------|--------------------------------------------------|-----------------------------------------------------------|--------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br>5:30p: Group Cycle                                                        | <b>4</b><br>2:30p: Yoga Flow<br>5:30p: RPM Spin  | <b>5</b><br>4:30p: Restorative Yoga<br>5:30p: Group Cycle | <b>6</b><br>2:30p: Iyengar Yoga<br>5:30p: RPM Spin                             | <b>7</b>                                                                                                                                                                                                                                                               |
| <b>10</b><br>5:30p: Group Cycle                                                       | <b>11</b><br>2:30p: Yoga Flow<br>5:30p: RPM Spin | <b>12</b><br>5:30p: Group Cycle                           | <b>13</b><br>2:30p: Iyengar Yoga<br>4:00p: Restorative Yoga<br>5:30p: RPM Spin | <b>14</b>                                                                                                                                                                                                                                                              |
| <b>17</b><br>8:30a: Get Up & Move!<br>4:15p: 30-Minute Strength<br>5:30p: Group Cycle | <b>18</b><br>5:30p: RPM Spin                     | <b>19</b><br>5:30p: Group Cycle                           | <b>20</b><br>2:30p: Iyengar Yoga<br>5:30p: RPM Spin                            | <b>21</b><br>7:30a: Get Up & Move!                                                                                                                                                                                                                                     |
| <b>24</b><br>8:30a: Get Up & Move!<br>4:15p: 30-Minute Strength<br>5:30p: Group Cycle | <b>25</b><br>2:30p: Yoga Flow<br>5:30p: RPM Spin | <b>26</b><br>4:15p: HIIT<br>5:30p: Group Cycle            | <b>27</b><br>2:30p: Iyengar Yoga<br>5:30p: RPM Spin<br>6:30p: Restorative Yoga | <b>28</b><br>7:30a: Get Up & Move!                                                                                                                                                                                                                                     |
| <b>31</b><br>8:30a: Get Up & Move!<br>4:15p: 30-Minute Strength<br>5:30p: Group Cycle |                                                  |                                                           |                                                                                | <p><i>*Reserve a bike for Cycle and Spin classes on the Student Center Web Portal at: <a href="https://bwsc.utsouthwestern.edu">https://bwsc.utsouthwestern.edu</a></i></p> <p><i>Click on “Court and Class Reservations” – Reserve up to 48 hours in advance.</i></p> |

**August 2026**