

RICE RECREATION CENTER - FALL 2021

S.W.E.A.T.

	MON	TUES	WEDS	THURS	FRI
7:00 - 7:50 AM		TOTAL ACTIVATION (V)		TOTAL ACTIVATION (V)	
8:00 - 8:50 AM					SPIN
12:15 - 1:00 PM	CHISELED	SPIN	CHISELED	SPIN	BARRE (12:00 - 1:00 PM)
5:30 - 6:25 PM	SPIN	OWL PUMP (H)	ZUMBA	OWL PUMP (H)	FALL SCHEDULE RUNS AUG. 25 - DEC. 17 Classes will NOT be held: Sept. 6, Oct. 11-12, Nov. 24-26
6:30 - 7:30pm	ZUMBA		SPIN		

THE FIRST TWO WEEKS OF CLASSES ARE FREE (THROUGH SEPT. 3)

**IN-PERSON CLASSES ARE HELD IN MPR-1 UNLESS OTHERWISE NOTED
(V) = VIRTUAL CLASSES
(H) = HYBRID CLASSES**

**CLASS DESCRIPTIONS AT:
RECREATION.RICE.EDU/SWEAT-FITNESS**