

RICE RECREATION CENTER - SPRING 2022

S.W.E.A.T.

| | MON | TUES | WEDS | THURS | FRI |
|------------------|---------------|----------------------|---------------|----------------------|---|
| 7:00 - 7:45 AM | TABATA CARDIO | TOTAL ACTIVATION (V) | TABATA CARDIO | TOTAL ACTIVATION (V) | |
| 12:00 - 12:45 PM | CHISELED | SPIN | CHISELED | STEP & SCULPT | TABATA CARDIO |
| 4:30 - 5:15 PM | | STEP & SCULPT | | | |
| 5:30 - 6:15 PM | | OWL PUMP | | OWL PUMP | SPRING SCHEDULE RUNS JAN. 24 - MAY. 20 Classes will NOT be held: March 14 - 18 |
| 6:30 - 7:15 PM | | | | ZUMBA | |

**IN-PERSON CLASSES ARE HELD IN MPR-1
(V) = VIRTUAL CLASSES**

SCAN QR CODE TO ACCESS WEBPAGE:

