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

MONDAY	*TUESDAY*	*WEDNESDAY*	*THURSDAY*	*FRIDAY*
2 **8:30a: Get Up & Move!** **6:30p: Group Cycle**	**3** **1:30p: Yoga Flow**	**4** **8:30a: Get Up & Move!** **5:30p: Hyrox HIIT!** **6:30p: Group Cycle**	**5** **1:30p: Iyengar Yoga** **4:00p: Restorative Yoga**	**6**
9 **8:30a: Get Up & Move!** **4:30p: 30-Minute Strength** **6:30p: Group Cycle**	**10** **1:30p: Yoga Flow** **5:30p: RPM Spin**	**11** **8:30a: Get Up & Move!** **12:00a: Hyrox HIIT!** **6:30p: Group Cycle**	**12** **1:30p: Iyengar Yoga** **5:30p: RPM Spin**	**13** **7:30a: Get Up & Move!**
16 **8:30a: Get Up & Move!** **4:30p: 30-Minute Strength** **6:30p: Group Cycle**	**17** **1:30p: Yoga Flow** **5:30p: RPM Spin**	**18** **8:30a: Get Up & Move!** **5:30p: Hyrox HIIT!** **6:30p: Group Cycle**	**19** **1:30p: Iyengar Yoga** **4:00p: Restorative Yoga** **5:30p: RPM Spin**	**20** **7:30a: Get Up & Move!**
23 **8:30a: Get Up & Move!** **6:30p: Group Cycle**	**24** **1:30p: Yoga Flow** **5:30p: RPM Spin**	**25** **8:30a: Hyrox HIIT!**	**26** **STUDENT CENTER CLOSED**	**27** **STUDENT CENTER CLOSED**
30 **8:30a: Get Up & Move!** **4:30p: 30-Minute Strength**				***Reserve a bike for Cycle, Spin, and Hyrox HIIT classes on the Student Center Web Portal at: https://utsw.fusionfamily.com Click on "Court and Class Reservations" – Reserve up to 48 hours in advance.**

November 2026