

FIT BREAKS

FALL 2016

Monday, September 26th-Friday, December 2nd
 Holiday 11/11, 11/24-11/27

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
INVERTED FOUNTAIN 9:45PM-10AM LAW SCHOOL SHAPIRO COURTYARD 10:00-10:15AM MURPHY HALL PATIO 10:15-10:30AM ANDERSON NORTH LAWN 10:30-10:45AM INVERTED FOUNTAIN 2:30-2:45PM WILSHIRE CENTER SUITE 130 2:30-2:45PM	INVERTED FOUNTAIN 9:45PM-10AM WILSHIRE CENTER SUITE 130 10:00-10:15AM MURPHY HALL PATIO 10:15-10:30AM CHS 8TH FLR PATIO NEAR 88 11:00-11:15AM INVERTED FOUNTAIN 2:30-2:45PM WILSHIRE CENTER SUITE 130 2:30-2:45PM KREC STUDIO 2:35-2:55PM WILSHIRE CENTER SUITE 130 *BACK HEALTH FIT BREAK 3:00-4:00PM	KREC STUDIO 9:10-9:25AM INVERTED FOUNTAIN 9:45-10:00AM WILSHIRE CENTER SUITE 130 10:00-10:15AM LAW SCHOOL SHAPIRO COURTYARD 10:00-10:15AM MURPHY HALL PATIO 10:15-10:30AM ANDERSON NORTH LAWN 10:30-10:45AM CHS 8TH FLR PATIO NEAR 88-201 2:00-2:15PM INVERTED FOUNTAIN 2:30-2:45PM WILSHIRE CENTER SUITE 130 *LAUGHTER FIT BREAK 2:15-2:30PM WILSHIRE CENTER SUITE 130 2:30-2:45PM	INVERTED FOUNTAIN 9:45-10:00AM WILSHIRE CENTER SUITE 130 10:00-10:15AM MURPHY HALL PATIO 10:15-10:30AM INVERTED FOUNTAIN 2:30-2:45PM WILSHIRE CENTER SUITE 130 2:30-2:45PM KREC STUDIO 2:35-2:55PM	INVERTED FOUNTAIN 9:45PM-10AM LAW SCHOOL SHAPIRO COURTYARD 10:00-10:15AM MURPHY HALL PATIO 10:15-10:30AM INVERTED FOUNTAIN 2:30-2:45PM WILSHIRE CENTER SUITE 130 2:30-2:45PM

CLASS INFORMATION

Please wear comfortable clothes that allow for free movement and silence all phones. Try to be on time for class. Outdoor classes do not meet in rainy weather. All classes subject to change without notice. Check

for updates at www.recreation.ucla.edu/fitbreaks
 For more information, contact FITWELL Services at 310.206.6130 or fitwell@recreation.ucla.edu.

