

SERIES Fall 2024

Dance and Martial Arts Classes

September 30th - December 8th

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING			Practical Self Defense 8:00-9:00 a.m. (Tu/Th 5 wks.) 9:00-10:00 a.m. (Tu/Th 5 wks.) Andrea (Studio C)		Practical Self Defense 8:00-9:00 a.m. (Tu/Th 5 wks.) 9:00-10:00 a.m. (Tu/Th 5 wks.) Andrea (Studio C)		
AFTERNOON							
		Practical Self Defense 4:30-5:30pm Andrea (Studio C)	Boxing 4:00- 5:00 p.m. Aishu (Studio D)	Practical Self Defense 4:30-5:30pm Andrea (Studio C)			
EVENING			Contemporary 5:00- 6:00 p.m. Maddie (Studio C)	Brazilian Jiu-Jitsu 6:00-7:00 p.m. Pedro (Studio D)			Wing Chun Kung Fu 5:00-6:00 p.m. Louman (Studio D)
	Boxing 6:00- 7:00 p.m. Aishu (Studio D)	Brazilian Jiu-Jitsu 6:00-7:00 p.m. Pedro (Studio D)	Jazz 6:00- 7:00 p.m. Molly (Studio B)	Salsa & Bachata 6:45-7:30 p.m. Christina (Studio C)		Brazilian Jiu-Jitsu 6:00-7:00 p.m. Pedro (Studio D)	Hapkido 6:15-7:15 p.m. Louman (Studio D)
		Hip-Hop 6:15- 7:15 p.m. Olivia (Studio C)	Boxing 6:15- 7:15 p.m. Padma (Studio D)	Brazilian Jiu-Jitsu 7:00-8:00 p.m. Pedro (Studio D)	Boxing 6:15- 7:15 p.m. Padma (Studio D)		
		Brazilian Jiu-Jitsu 7:00-8:00 p.m. Pedro (Studio D)		Salsa & Bachata (Experienced) 7:30-8:15 p.m. Christina (Studio C)		Brazilian Jiu-Jitsu 7:00-8:00 p.m. Pedro (Studio D)	
		Brazilian Jiu-Jitsu (Experienced) 8:00-9:00 p.m. Pedro (Studio D)		Brazilian Jiu-Jitsu (Experienced) 8:00-9:00 p.m. Pedro (Studio D)		Brazilian Jiu-Jitsu (Experienced) 8:00-9:00 p.m. Pedro (Studio D)	
				Ballroom, Latin, & Swing 8:15-9:00 p.m. Christina (Studio C)			
				Ballroom, Latin, & Swing (Experienced) 9:00-9:45 p.m. Christina (Studio C)			

FIND OUT MORE ABOUT LIVING WELL OFFERINGS:



REGISTER FOR A CLASS:



NOTE: Admission into Series classes requires paid registration outside of the Try Before You Buy period (first week of classes). Registration opens on September 16th and closes on October 19th for most classes.

Registration can be found via the Rec Portal within the Living Well icon at <https://rec.ucdavis.edu/> or by scanning the QR code to the left. View our website for the most updated information on adjusted schedules or cancellations.

Any classes that do not have an experience level listed are intended for all levels.