

SERIES Summer Session 1 2025

Dance and Martial Arts Classes

June 23rd - August 1st

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING			Practical Self Defense 8:00-9:00 a.m. (Tues/Thurs) 9:00-10:00 a.m. (Tues/Thurs) Andrea (Studio B)		Practical Self Defense 8:00-9:00 a.m. (T/Th) (Studio D) 9:00-10:00 a.m. (Tues/Thurs) Andrea (Studio B)		
AFTERNOON							
		Practical Self Defense 4:30-5:30pm (Mon x 6 Weeks) Andrea (Studio B)		Practical Self Defense 4:30-5:30pm (Wed x 6 Weeks) Andrea (Studio B)			
EVENING				Brazilian Jiu-Jitsu (Beginner) 6:00-7:30 p.m. Pedro (Studio D)			Wing Chun Kung Fu 5:00-6:00 p.m. Louman (Studio D)
		Brazilian Jiu-Jitsu (Beginner) 6:00-7:30 p.m. Pedro (Studio D)	Muay Thai 6:00-7:00 p.m. Alyssa-Beni (Studio D)	Salsa & Bachata 6:45-7:30 p.m. Christina (Studio C)	Muay Thai 6:00-7:00 p.m. Alyssa-Beni (Studio D)	Muay Thai 6:00-7:00 p.m. Alyssa-Beni (Studio D)	Hapkido 6:15-7:15 p.m. Louman (Studio D)
				Salsa & Bachata (Experienced) 7:30-8:15 p.m. Christina (Studio C)			
		Brazilian Jiu-Jitsu (Intermediate) 7:30-9:00 p.m. Pedro (Studio D)		Brazilian Jiu-Jitsu (Intermediate) 7:30-9:00 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 two weeks of classes). Registration opens on March 31st and closes on April 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.