

# SERIES Winter 2024

Dance and Martial Arts Classes  
January 8th- March 17th

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING			<b>Practical Self Defense</b> 8:00-9:00 a.m. (Tu/Th 5 wks.) 9:00-10:00 a.m (Tu/Th 5 wks.) 10:00-11:00 a.m. (Tu 10 wks.) Andrea (Studio C)		<b>Practical Self Defense</b> 8:00-9:00 a.m. (Tu/Th 5 wks.) 9:00-10:00 a.m (Tu/Th 5 wks.) 10:00-11:00 a.m. (Tu 10 wks.) Andrea (Studio C)		
AFTERNOON							
			<b>Brazilian Jiu-Jitsu</b> 1:00- 2:00 p.m. Jenna (Studio D)				
				<b>Boxing</b> 3:00-4:00 p.m. Padma (Studio D)			
EVENING	<b>Boxing</b> 2:00- 3:00 p.m. Aishu (Studio D)		<b>Hapkido</b> 5:00- 6:00 p.m. Louman (Studio D)				<b>Wing Chun Kung Fu</b> 5:00-6:00 p.m. Louman (Studio D)
		<b>Brazilian Jiu-Jitsu</b> 6:00-7:00 p.m. Pedro (Studio D)		<b>Brazilian Jiu-Jitsu</b> 6:00-7:00 p.m. Pedro (Studio D)		<b>Brazilian Jiu-Jitsu</b> 6:00-7:00 p.m. Pedro (Studio D)	
				<b>Salsa &amp; Bachata</b> 6:45-7:30 p.m. Christina (Studio C)	<b>Hip Hop</b> 6:15-7:15 p.m. Kalynn (Studio C)		<b>Hapkido</b> 6:15-7:15 p.m. Louman (Studio D)
		<b>Brazilian Jiu-Jitsu (Experienced)</b> 7:00-8:00 p.m. Pedro (Studio D)	<b>Jazz</b> 7:15- 8:15 p.m. Maddie (Studio C)	<b>Brazilian Jiu-Jitsu (Experienced)</b> 7:00-8:00 p.m. Pedro (Studio D)	<b>Boxing</b> 6:30-7:30 p.m. Aishu (Studio D)	<b>Brazilian Jiu-Jitsu (Experienced)</b> 7:00-8:00 p.m. Pedro (Studio D)	
				<b>Salsa &amp; Bachata (Experienced)</b> 7:30-8:15 p.m. Christina (Studio C)	<b>Ballet</b> 7:30- 8:30 p.m. Molly (Studio B)		
		<b>Hip Hop</b> 9:15-10:15 p.m. Olivia (Studio B)	<b>Contemporary</b> 8:15-9:15 p.m. Maddie (Studio C)	<b>Ballroom, Latin, &amp; Swing</b> 8:15-9:00 p.m. Christina (Studio C)			
				<b>Ballroom, Latin, &amp; Swing (Experienced)</b> 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 24th and closes on October 21st 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.