

# SERIES Winter 2025

Dance and Martial Arts Classes

January 6th - March 16th

	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.) 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.) Andrea (Studio C)			
AFTERNOON							<b>Boxing</b> 12:00-1:00 p.m. Aishu (Studio D)	
		<b>Boxing</b> 3:30-4:30 p.m. Padma (Studio D)		<b>Boxing</b> 3:30-4:30 p.m. Padma (Studio D)				
		<b>Practical Self Defense</b> 4:30-5:30pm Andrea (Studio C)		<b>Practical Self Defense</b> 4:30-5:30pm Andrea (Studio B)				
EVENING	<b>Boxing</b> 5:00-6:00 p.m. Aishu (Studio D)		<b>Contemporary</b> 5:15-6:15 p.m. Maddie (Studio C)	<b>Brazilian Jiu-Jitsu</b> 6:00-7:00 p.m. Pedro (Studio D)	<b>Hip-Hop</b> 5:00-6:00 p.m. Olivia (Studio B)		<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>Muay Thai</b> 5:00-6:00 p.m. Alyssa (Studio D)	<b>Salsa &amp; Bachata</b> 6:45-7:30 p.m. Christina (Studio C)	<b>Muay Thai</b> 5:00-6:00 p.m. Alyssa (Studio D)	<b>Brazilian Jiu-Jitsu</b> 6:00-7:00 p.m. Pedro (Studio D)	<b>Hapkido</b> 6:15-7:15 p.m. Louman (Studio D)	
		<b>Jazz</b> 6:00-7:00 p.m. Molly (Studio C)	<b>Boxing</b> 6:00-7:00 p.m. Aishu (Studio D)	<b>Brazilian Jiu-Jitsu</b> 7:00-8:00 p.m. Pedro (Studio D)	<b>Boxing</b> 6:00-7:00 p.m. Aishu (Studio D)			
		<b>Brazilian Jiu-Jitsu</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>Kickboxing</b> 7:00-8:00 p.m. Padma (Studio D)	<b>Brazilian Jiu-Jitsu</b> 7:00-8:00 p.m. Pedro (Studio D)		
		<b>Brazilian Jiu-Jitsu (Experienced)</b> 8:00-9:00 p.m. Pedro (Studio D)		<b>Brazilian Jiu-Jitsu (Experienced)</b> 8:00-9:00 p.m. Pedro (Studio D)		<b>Brazilian Jiu-Jitsu (Experienced)</b> 8:00-9:00 p.m. Pedro (Studio D)		
				<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 December 30th and closes on January 26th 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.