

UBC REC Shopping Week - May 15 - 21



Every summer we are pleased to offer one free demo week of our instructional classes called Shopping Week. For the week of May 15 - 21 UBC REC instructional programs are FREE and open to all students, staff and the general public. Check out the schedules below for both the SRC Studio and Dojo and plan out your week.

	STUDIO						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	Birdcoop				Kung Fu Bootcamp		
7:30 AM	Birdcoop						
8:00 AM	Tai Chi	Zumba I	Tai Chi	Zumba I	Tai Chi		
8:30 AM							
9:00 AM	Morning Vinyasa Yoga	Mat Pilates I	Morning Vinyasa Yoga	Mat Pilates I	50/50 Yoga Pilates		Zumba II
9:30 AM							
10:00 AM						laido	Mat Pilates IV
10:30 AM							
11:00 AM	Birdcoop						
11:30 AM	Birdcoop						
12:00 PM	Birdcoop						
12:30 PM							
1:00 PM	Salsa Dance Fit I	Pilates Reformer	Salsa Dance Fit II	Pilates Reformer	Salsa Dance Fit I		
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							Intro To Ballet
4:00 PM							
4:30 PM	Modern Jazz	Birdcoop	Hip Hop II	Birdcoop	Musical Theatre		
5:00 PM							
5:30 PM	Birdcoop	Latin Funk	Birdcoop	Hip Hop III	Birdcoop		
6:00 PM							
6:30 PM	Shotokan Karate	laido	Shotokan Karate	Belly Dance	Hip Hop Kids		
7:00 PM							
7:30 PM							
8:00 PM	Late Night Vinyasa Yoga	Hip Hop I	Mat Pilates V	Late Night Vinyasa Yoga			
8:30 PM							

	DOJO						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM							
7:30 AM							
8:00 AM	Aikido	Early Morn Yoga	Aikido	Early Morn Yoga	Aikido		
8:30 AM							
9:00 AM							
9:30 AM							Early Morn Yoga II
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM	Mat Pilates II	Vinyasa Flow Yoga I	Mat Pilates II	Vinyasa Flow Yoga I	Mat Pilates II		
12:00 PM	Lunch Time Hatha Yoga	Lunch Time Yoga Pilates	Lunch Time Hatha Yoga	Lunch Time Yoga Pilates	Lunch Time Hatha Yoga	Hung Gar Kung Fu	Nihon Goju Karate
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							Kung Fu Kids
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Mat Pilates III	Hatha Yoga I	Mat Pilates III	Hatha Yoga I	Mat Pilates III		
5:00 PM	Ashtanga Yoga	Vinyasa Yoga	Ashtanga Yoga	Vinyasa Yoga	Vinyasa Flow II		
5:30 PM							
6:00 PM							
6:30 PM	Ju Jutsu	Advanced Ashtanga	Ju Jutsu	Nihon Goju Karate	Eagle Claw Kung Fu		
7:00 PM							
7:30 PM							
8:00 PM	Judo	Hapkido	Judo	Hapkido			
8:30 PM							

Roman Numerals Denote Section Numbers

"I love shopping week! I don't like to commit to something before I've tried it out and this is a great opportunity to do that. Really great classes ... so glad they're free!"
 - Past Shopping Week Participant