

# GROUP FITNESS CLASS SCHEDULE

## HCU BRADSHAW FITNESS CENTER

281-649-3501 | [fitnesscenter@hc.edu](mailto:fitnesscenter@hc.edu) | [hbufit.org](http://hbufit.org)

### FITNESS CLASSES

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:05 am-6:05 am	Altus Barbell Club* (BC)	Altus Barbell Club* (BC)	Altus Barbell Club* (BC)	Altus Barbell Club* (BC)	Altus Barbell Club* (BC)	
6-7:00 am	No Xcuses* (BC+FF)		No Xcuses* (BC+FF)		No Xcuses* (BC+FF)	
6:30-7:30 am		Jiu-Jitsu, Adults* (A)		NO-GI Jiu-Jitsu, Adults* (A)		
7-8:00 am			Pilates Reformer* (PS)			
8:00-8:50 am	Fun Fitness (BC)		Fun Fitness (BC)		Fun Fitness (BC)	
9:00-9:30* am	Core Fitness (FF)		Core Fitness (FF)			
9:00-9:50 am	World Dance Jam(B)	Power Sculpt(B)	Stretch & Renew (B)	World Dance Jam(B)	Mind-Body Alignment (B)	
10:00-10:50 am	New Life Active Adult(B)	Fascia R&R(B)	New Life Active Adult(B)	Fascia R&R (B)	New Life Active Adult(B)	Power Sculpt(B)
11:00-11:50 am	Yoga For Arthritis (B) Jiu-Jitsu, Adults* (A)	Yoga For Arthritis (B)	Ballroom Dancing (B) Jiu-Jitsu, Adults* (A)	Yoga For Arthritis(B)	NO-GI Jiu-Jitsu, Adults* (A) Ballroom Dancing (B)	
12:00-1:00 pm	Altus Barbell Club* (BC) Yoga (B)	Altus Barbell Club* (BC) Yoga (B)	Altus Barbell Club* (BC) Ballroom Dancing (BC) Yoga (B)	Altus Barbell Club* (BC) Yoga (B)	Altus Barbell Club* (BC) Ballroom Dancing (BC) Yoga (B)	
3:00-4:00 pm					NO-GI Jiu-Jitsu, Adults* (A)	
4:00-5:00 pm	Jiu-Jitsu, Adults (A)	Jiu-Jitsu, Adults* (A)	Jiu-Jitsu, Adults* (A)	NO-GI Jiu-Jitsu, Adults* (A)	NO-GI Jiu-Jitsu, Kids* (A)	
4:30 - 5:30 pm	Altus Barbell Club* (BC)	CrossFit Altus* (BC)	CrossFit Altus* (BC)	CrossFit Altus* (BC)	CrossFit Altus* (BC)	
5:00-5:50 pm	Jiu-Jitsu, Kids* (A) Yoga(B)	Jiu-Jitsu, Kids* (A) Yoga (B)	Jiu-Jitsu, Kids* (A) Yoga(B)	NO-GI Jiu-Jitsu, Kids* (A) Yoga (B)		
5:30-6:30 pm	Altus Barbell Club* (BC)	Altus Barbell Club* (BC)	Altus Barbell Club* (BC)	Altus Barbell Club* (BC)		
6:00-6:50 pm	Tai-Jutsu Kids* (A)	Zumba(B) Tai-Jutsu Kids* (A)	Tai-Jutsu Kids* (A)	Zumba (B) Tai-Jutsu Kids* (A)		
7:00-7:50 pm	Tai-Jutsu Adults* (A)	Tai-Jutsu Adults* (A)	Fascia R&R (B) Tai-Jutsu Adults* (A)	Tai-Jutsu Adults* (A)		

Locations: A = studio room A; B = studio room B; FF = fitness floor; BC = basketball court. \*CrossFit is located at the back wall of basketball court.

### AQUATIC CLASSES

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:50 am	Aquatics Plus(E)	HydroMix(E)	Aquatics Plus(E)	HydroMix(E)	Aquatics Plus(E)	HydroMix(E)
6:00-6:50 pm	AquaticBody Sculpting(E)	HydroMix(E)	AquaticBody Sculpting(E)	HydroMix(E)		

Locations: E = exercise pool; L = first lap lane only (with ladder); T = therapy pool

### \*Fee Based Programs

### Fee Based Programs

Programs	TIME  Day   Location	Contact Information	LOCATION		
CrossFit Altus	See Above	<a href="mailto:crossfitaltus@hc.edu">crossfitaltus@hc.edu</a> Please email before attending.	Crossfit Studio		
Altus Barbell Club	See Above	<a href="mailto:crossfitaltus@hc.edu">crossfitaltus@hc.edu</a> . Please email before attending.	Crossfit Studio		
Renzo Gracie Jiu-Jitsu	See Above	<a href="mailto:jiujitsu@hc.edu">jiujitsu@hc.edu</a> Please email before attending.	Studio A		
No Xcuses	6:00 am MWF	<a href="mailto:fitnesscenter@hc.edu">fitnesscenter@hc.edu</a>	Basketball Court/Fitness Floor		
Tai-Jutsu	See Above	<a href="mailto:info@smilingtigerdojo.com">info@smilingtigerdojo.com</a>	Studio A		

### Fee Based FITNESS CLASS DESCRIPTIONS

All emboldened /asterisked (\*) classes are NOT included in the general membership fee. However, a membership with CrossFit Altus, Altus Barbell, and Renzo Gracie Jiu-Jitsu include a FREE membership to the Bradshaw Fitness Center for all individuals 18 years of age or older. For additional questions, please email the appropriate corresponding agents as indicated above.

Contact BFC for pricing: 281-649-3501 or email [fitnesscenter@hc.edu](mailto:fitnesscenter@hc.edu)

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"At the time, discipline isn't much fun. It always feels like it's going against the grain.  
Later, of course, it pays off handsomely, for it is the well-trained who find themselves mature in their relationship with God." Hebrews 12:11