

Weekly Schedule Grid

Use this grid to help you plan your classes. Most classes are scheduled with 10-minute breaks in between. If you have a class in Bradshaw Fitness Center, plan for extra travel time. If you are a commuter, consider Houston rush-hour traffic when planning. Also consider work, family, or other obligations that may impact your schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am					
8:30am					
9:00am					
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