# Raider X Schedule

**January 27 - March 10**

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<th>Monday</th>
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<td>Sunrise Cycle-Lee</td>
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<td>Athletic Cond.-Kele</td>
<td>Total Body Burn-Kayla</td>
<td>Cardio Blast-Kayla</td>
<td>Zumba®-Camilla</td>
<td>Turbokick®-Summer</td>
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<td>Yoga-Strength and Stretch-Clayton</td>
<td>Barre-Nature</td>
<td>Yoga-Yay</td>
<td>Yoga-Pilates</td>
<td>Baptiste Power Yoga-Megan</td>
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<td>Lunchtime Cycle-Betty</td>
<td>Lunchtime Cycle-Taylor</td>
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**Class Descriptions and Instructors**

- **Raider Pump** - Danielle H.
- **Barre®** - Bryanne
- **SwimFit** - Brooke
- **Yoga-Beckie** - Kele
- **Bootylicious-Sam H.** - Sam H.
- **Cardio Blast-Kayla** - Kayla
- **Barre-Nature** - Nature
- **Yoga-Yay** - Yoga
- **Yoga-Pilates** - Pilates
- **Baptiste Power Yoga-Megan** - Megan
- **Sunrise Cycle** - Sunrise
- **Cardio Blend** - Blend
- **Zumba®-Brooke** - Brooke
- **SwimFit®-Bryanne** - Bryanne
- **Core-Christina** - Christina
- **Bootsylicious-Kale** - Kale
- **Barre-Kele** - Kele
- **TurboKick®-Summer** - Summer
- **Vinyasa Yoga-David** - David
- **Barre-Margie** - Margie
- **TurboKick®-Brooke** - Brooke
- **Barre-Beckie** - Beckie
- **Barre-Kele** - Kele
- **Power Cycle 45-Christina** - Christina
- **Barre-Nature** - Nature
- **Barre-Margie** - Margie
- **Barre-Vicki** - Vicki
- **Barre-Christina** - Christina
- **Barre-Margie** - Margie
- **Barre-Vicki** - Vicki
- **Barre-Danielle H.** - Danielle H.
- **Barre-Margie** - Margie
- **Barre-Vicki** - Vicki

**Spring Special Events**

- **January**
  - 25-Degree Challenge: RM 114 6-7:15pm
  - 26th Annual Expo: 3-7pm in Rec
  - 6:00-7:00pm

- **February**
  - 1st Monday
  - 12th Women's Retreat: RM 114 6-7:00pm
  - 14th University Yoga: RM 121 7:30pm

- **April**
  - B-Town Barre: RM 114

- **May**
  - 13th Women's Night: Location TBA

**TTU RecSports**

Username: tturesports

www.recспорts.ttu.edu