

# REGISTER FOR CLASSES ONLINE AT [register.recsports.ttu.edu](http://register.recsports.ttu.edu)

## RaiderFit Free Group Fitness Schedule

### Key

Water	Strength
Cardio	Mind/Body
Cycle	HIIT Circuit Training
CrossFit	

### Monday (Aug 3)

4:30-5:15pm	Cycle	Room 116	Sarah Neal
-------------	-------	----------	------------

### Tuesday (Aug 4)

12:10-1:00pm	Power Vinyasa Yoga *Bring your mat*	Room 121	Kalyn
--------------	--	----------	-------

### Wednesday (Aug 5)

4:00-4:45pm	Cardio Water	Leisure Pool	Brenda
-------------	--------------	--------------	--------

4:30-5:30pm	Free CrossFit	Indoor Soccer Court	Zack G.
-------------	---------------	---------------------	---------

### Thursday (Aug 6)

4:30-5:30pm	Triple Threat	Room 114	Megan O.
-------------	---------------	----------	----------

### Friday (Aug 7)

4:30-5:30pm	Power Vinyasa Yoga *Bring your mat*	Room 121	Rafael
-------------	--	----------	--------

### Saturday (Aug 8)

**NO FITNESS CLASSES**

### Sunday (Aug 9)

**NO FITNESS CLASSES**

### Monday (Aug 10)

6:30-7:30am	Free CrossFit	Indoor Soccer Court	Dianna
-------------	---------------	---------------------	--------

5:30-6:15pm	Cycle	Room 116	Sarah Neal
-------------	-------	----------	------------

5:30-6:30pm	Free CrossFit	Indoor Soccer Court	Dianna
-------------	---------------	---------------------	--------

### Tuesday (Aug 11)

12:10-1:00pm	Yoga *Bring your mat*	Room 121	Shelby
--------------	--------------------------	----------	--------

5:30-6:30pm	Raider Strength	Room 114	Megan O.
-------------	-----------------	----------	----------

### Wednesday (Aug 12)

6:30-7:30am	Free CrossFit	Indoor Soccer Court	Sam
-------------	---------------	---------------------	-----

4:00-4:45pm	Cardio Water	Leisure Pool	Brenda
-------------	--------------	--------------	--------

### Thursday (Aug 13)

12:10-1:00pm	Yoga *Bring your mat*	Room 121	Shelby
--------------	--------------------------	----------	--------

5:30-6:15pm	Cycle	Room 116	Vianne
-------------	-------	----------	--------

### Friday (Aug 14)

12:10-1:00pm	TurboKick	Room 114	Summer
--------------	-----------	----------	--------

5:30-6:30pm	Power Vinyasa Yoga *Bring your mat*	Room 121	Rafael
-------------	--	----------	--------

### Saturday (Aug 15)

**NO FITNESS CLASSES**

### Sunday (Aug 16)

**NO FITNESS CLASSES**

### Monday (Aug 17)

6:30-7:30am	Free CrossFit	Indoor Soccer Court	Zach J.
-------------	---------------	---------------------	---------

12:10-1:00pm	Kickboxing	Room 114	Sydney
--------------	------------	----------	--------

5:30-6:15pm	Cycle	Room 116	Sarah Neal
-------------	-------	----------	------------

5:30-6:30pm	Free CrossFit	Indoor Soccer Court	Johanna
-------------	---------------	---------------------	---------

5:30-6:30pm	Power Vinyasa Yoga *Bring your mat*	Room 121	Rafael
-------------	--	----------	--------

### Tuesday (Aug 18)

12:10-1:00pm	HIIT Circuit Training	Room 114	Kami
--------------	-----------------------	----------	------

5:30-6:15pm	Cycle	Room 116	Johanna
-------------	-------	----------	---------

5:30-6:30pm	Zumba	Room 114	Sydney
-------------	-------	----------	--------

### Wednesday (Aug 19)

6:30-7:30am	Free CrossFit	Indoor Soccer Court	Sam
-------------	---------------	---------------------	-----

4:00-4:45pm	Cardio Water	Leisure Pool	Brenda
-------------	--------------	--------------	--------

5:30-6:15pm	Cycle	Room 116	Shelby
-------------	-------	----------	--------

5:30-6:30pm	Yoga *Bring your mat*	Room 121	Vianne
-------------	--------------------------	----------	--------

5:30-6:30pm	Free CrossFit	Indoor Soccer Court	Zack G.
-------------	---------------	---------------------	---------

### Thursday (Aug 20)

5:30-6:15pm	Cycle	Room 116	Jocelyn
-------------	-------	----------	---------

5:30-6:30pm	Free CrossFit	Indoor Soccer Court	Johanna
-------------	---------------	---------------------	---------

### Friday (Aug 21)

12:10-1:00pm	TurboKick	Room 114	Summer
--------------	-----------	----------	--------

### Saturday (Aug 22)

**NO FITNESS CLASSES**

### Sunday (Aug 23)

**NO FITNESS CLASSES**

**REGISTER FOR CLASSES ONLINE AT [register.recsports.ttu.edu](http://register.recsports.ttu.edu)**

**\*DON'T FORGET:  
Bring your water bottle!!!!**

Regular RaiderFit Free scheduled classes will begin on **Monday, August 24th**

**FREE WEEK  
CrossFit-  
Aug. 24th - 30th**

**Red Raider Camp  
Aug. 10-14  
Aug. 17-18**

**Yoga In the Park  
September 11th at 5:30pm  
Urbanovsky Park**

**\*Bring your own mat\***

Follow us on all social media platforms:  
[@tturecsports](http://@tturecsports)



**August Interim (August 3-August 23)**