					heck it out online at https://wv Fitness Menu	w.ucpis.nu.cuw.urec			
г	Time	Class	Room	Instructor	Time	Class	Room	Instructor	
			Group Fitness Clases	motructor	Thine		y May 22nd	moutor	
			May 5th		6:30-7:30am	CrossFit	CrossFit Texas Tech	Michael	
5:00	0-6:00pm	Yoga+Meditiation	Room 121	Brian	12:00-1:00pm	CrossFit	CrossFit Texas Tech	Michael	
			' May 6th		4:30-5:30pm	CrossFit	CrossFit Texas Tech	Kaia	
6:30	0-7:15am	CrossFit	CrossFit Texas Tech	Michael	5:30-6:30pm	Ashtanga Yoga	Room 121	Amelia	
	0-5:15pm	CrossFit	CrossFit Texas Tech	Kaia	5:30-6:30pm	Cycle	Raider Ride Room	Tali	
	0-6:30pm	Yoga	Room 121	Chris	5:30-6:30pm	Cardio Water	Leisure Pool	Patricia	
5:30	0-6:30pm	Cardio Water	Leisure Pool	Brenda		*	May 23rd		
			May 7th		12:00-1:00pm	CrossFit	CrossFit Texas Tech	Michael	
	0-7:15am	CrossFit	CrossFit Texas Tech	Michael	4:30-5:30pm	CrossFit	CrossFit Texas Tech	Kaia	
	.0-1:00pm	MixxedFit	Room 114	Tabby	5:30-6:30pm	CandleLight	Room 121	Erin	
	0-5:15pm	CrossFit	CrossFit Texas Tech	Kaia			May 24th		
5:30	0-6:30pm	Intregrative Yoga	Room 121	Faz	12:00-1:00pm	CrossFit	CrossFit Texas Tech	Michael	
			ay May 8th		5:30-6:30pm	Ashtanga Yoga	Room 121	Amelia	
	0-7:15am	CrossFit	CrossFit Texas Tech	Michael			25th No Classes		
	0-5:15pm	CrossFit	CrossFit Texas Tech	Zeke			May 26th		
	0-6:30pm	Ashtanga Yoga	Room 121	Amelia	5:00-6:00pm	Yoga+Meditiation	RM 121	Brian	
5:30	0-6:30pm	Cardio Water	Leisure Pool	Patricia	Monday May 27th No Classes Memorial Day				
			y May 9th				May 28th		
	.0-1:00pm	Cycle	Raider Ride Room	Tali	12:10-1:00pm	MixxedFit	Room 114	Tabby	
	0-5:15pm	CrossFit	CrossFit Texas Tech	Zeke	4:30-5:30pm	CrossFit	CrossFit Texas Tech	Kaia	
	0-6:30pm	Candle Light Yoga	Room 121	Erin	5:30-6:30pm	Intregative Yoga	Room 121	Faz	
5:30	0-6:30pm	Cardio Dance	Room 114	Emily			y May 29th		
	Friday & Saturday, May 10-11 No Classes Happy Graduation!!!				6:30-7:30am	CrossFit	CrossFit Texas Tech	Michael	
			May 12th		12:00-1:00pm	CrossFit	CrossFit Texas Tech	Michael	
5:00	0-6:00pm	Yoga+Meditiation	RM 121	Brian	5:30-6:30pm	Ashtanga Yoga	Room 121 Leisure Pool	Amelia	
		CrossFit	May 13th CrossFit Texas Tech	Kaia	5:30-6:30pm	Cardio Water		Patricia	
	0-5:15pm 0-6:30pm	Yoga	Room 121	Chris	5:30-6:30pm	Candleight Yoga	Nay 30th Room 121	Erin	
	0-6:30pm	Cardio Water	Leisure Pool	Brenda	5.30-0.30pm		May 31th	Eim	
5.30	0-0.30pm		May 14th	brenda	5:30-6:30pm	Ashtanga Yoga	Room 121	Amelia	
19:10	.0-1:00pm	MixxedFit	Room 114	Tabby	5.30-0.30pm			Amena	
	0-5:30pm	CrossFit	CrossFit Texas Tech	Kaia	Water Strength Cardio		Key Hiring for Personal Trainers,Group Fitness Instructors, F45 Coaches and CrossFit Texas Tech Coaches please		
	0-5:30pm 0-6:30pm	Power Cycle	Raider Ride Room	Tali					
5.30	0-0.30pm			Tan					
4:20	4:30-5:15pm CrossFit CrossFit Texas Tech Kaia			Kaja	Mind/Body		contact johanna.valencia@ttu for mor		
	0-5:30pm	Power Cycle	Raider Ride Room	Tali		Cycle	information		
	0-6:30pm	Ashtanga Yoga	Room 121	Amelia					
0.00			May 16th			Follow @urecttu on all social		Try CrossFit Texas Tech for Free on Maymester Schedule !!!	
4:30	0-5:15pm	CrossFit	CrossFit Texas Tech	Kaia					
	0-6:30pm	Candlelight Yoga	RM 121	Erin	media platfor	ms:			
0.00	-0 ° F -		May 17th						
4:30	0-5:30pm	CrossFit	CrossFit Texas Tech	Kaia			First Monday of th	e Month. Mav	
	0-6:30pm	Ashtanga Yoga	Room 121	Amelia			6th Receive \$5 off a 1-hour		
	Saturday May 18th No Classes				Massage				
			May 19th						
5.00	5:00-6:00pm Yoga+Meditiation RM 121 Brian								
5.00	5:00-6:00pm Yoga+Meditiation RM 121 Brian Monday May 20th						1		
6:30	0-7:30am	CrossFit	CrossFit Texas Tech	Evelyn					
-	0-6:30pm	Yoga	Room 121	Chris					
	0-6:30pm	Cardio Water	Leisure Pool	Brenda					
0.00	0 ° F -		May 21th		Congratulations to all the Texas Tech Graduates 2024!!!				
12:00	00-1:00pm	CrossFit	CrossFit Texas Tech	8.44					
	.0-1:00pm	MixxedFit	Room 114	Michael Tabby					
	0-5:30pm	CrossFit	CrossFit Texas Tech	Kaia					
	0-6:30pm	Intregrative Yoga	Room 121	Faz					