

UREC Group Fitness Menu

Maymester Schedule (May 1 - May 31)

Time	Class	Room	Instructor
April 28-May 4th No Group Fitness Classes			
Sunday May 5th			
5:00-6:00pm	Yoga+Meditation	Room 121	Brian
Monday May 6th			
6:30-7:15am	CrossFit	CrossFit Texas Tech	Michael
4:30-5:15pm	CrossFit	CrossFit Texas Tech	Kaia
5:30-6:30pm	Yoga	Room 121	Chris
5:30-6:30pm	Cardio Water	Leisure Pool	Brenda
Tuesday May 7th			
6:30-7:15am	CrossFit	CrossFit Texas Tech	Michael
12:10-1:00pm	MixedFit	Room 114	Tabby
4:30-5:15pm	CrossFit	CrossFit Texas Tech	Kaia
5:30-6:30pm	Integrative Yoga	Room 121	Faz
Wednesday May 8th			
6:30-7:15am	CrossFit	CrossFit Texas Tech	Michael
4:30-5:15pm	CrossFit	CrossFit Texas Tech	Zeke
5:30-6:30pm	Ashtanga Yoga	Room 121	Amelia
5:30-6:30pm	Cardio Water	Leisure Pool	Patricia
Thursday May 9th			
12:10-1:00pm	Cycle	Raider Ride Room	Tali
4:30-5:15pm	CrossFit	CrossFit Texas Tech	Zeke
5:30-6:30pm	Candle Light Yoga	Room 121	Erin
5:30-6:30pm	Cardio Dance	Room 114	Emily
Friday & Saturday, May 10-11 No Classes Happy Graduation!!!			
Sunday May 12th			
5:00-6:00pm	Yoga+Meditation	RM 121	Brian
Monday May 13th			
4:30-5:15pm	CrossFit	CrossFit Texas Tech	Kaia
5:30-6:30pm	Yoga	Room 121	Chris
5:30-6:30pm	Cardio Water	Leisure Pool	Brenda
Tuesday May 14th			
12:10-1:00pm	MixedFit	Room 114	Tabby
4:30-5:30pm	CrossFit	CrossFit Texas Tech	Kaia
5:30-6:30pm	Power Cycle	Raider Ride Room	Tali
Wednesday May 15th			
4:30-5:15pm	CrossFit	CrossFit Texas Tech	Kaia
5:30-6:30pm	Power Cycle	Raider Ride Room	Tali
5:30-6:30pm	Ashtanga Yoga	Room 121	Amelia
Thursday May 16th			
4:30-5:15pm	CrossFit	CrossFit Texas Tech	Kaia
5:30-6:30pm	Candlelight Yoga	RM 121	Erin
Friday May 17th			
4:30-5:30pm	CrossFit	CrossFit Texas Tech	Kaia
5:30-6:30pm	Ashtanga Yoga	Room 121	Amelia
Saturday May 18th No Classes			
Sunday May 19th			
5:00-6:00pm	Yoga+Meditation	RM 121	Brian
Monday May 20th			
6:30-7:30am	CrossFit	CrossFit Texas Tech	Evelyn
5:30-6:30pm	Yoga	Room 121	Chris
5:30-6:30pm	Cardio Water	Leisure Pool	Brenda
Tuesday May 21th			
12:00-1:00pm	CrossFit	CrossFit Texas Tech	Michael
12:10-1:00pm	MixedFit	Room 114	Tabby
4:30-5:30pm	CrossFit	CrossFit Texas Tech	Kaia
5:30-6:30pm	Integrative Yoga	Room 121	Faz

Time	Class	Room	Instructor
Wednesday May 22nd			
6:30-7:30am	CrossFit	CrossFit Texas Tech	Michael
12:00-1:00pm	CrossFit	CrossFit Texas Tech	Michael
4:30-5:30pm	CrossFit	CrossFit Texas Tech	Kaia
5:30-6:30pm	Ashtanga Yoga	Room 121	Amelia
5:30-6:30pm	Cycle	Raider Ride Room	Tali
5:30-6:30pm	Cardio Water	Leisure Pool	Patricia
Thursday May 23rd			
12:00-1:00pm	CrossFit	CrossFit Texas Tech	Michael
4:30-5:30pm	CrossFit	CrossFit Texas Tech	Kaia
5:30-6:30pm	CandleLight	Room 121	Erin
Friday May 24th			
12:00-1:00pm	CrossFit	CrossFit Texas Tech	Michael
5:30-6:30pm	Ashtanga Yoga	Room 121	Amelia
Saturday May 25th No Classes			
Sunday May 26th			
5:00-6:00pm	Yoga+Meditation	RM 121	Brian
Monday May 27th No Classes Memorial Day			
Tuesday May 28th			
12:10-1:00pm	MixedFit	Room 114	Tabby
4:30-5:30pm	CrossFit	CrossFit Texas Tech	Kaia
5:30-6:30pm	Integrative Yoga	Room 121	Faz
Wednesday May 29th			
6:30-7:30am	CrossFit	CrossFit Texas Tech	Michael
12:00-1:00pm	CrossFit	CrossFit Texas Tech	Michael
5:30-6:30pm	Ashtanga Yoga	Room 121	Amelia
5:30-6:30pm	Cardio Water	Leisure Pool	Patricia
Thursday May 30th			
5:30-6:30pm	Candlelight Yoga	Room 121	Erin
Friday May 31th			
5:30-6:30pm	Ashtanga Yoga	Room 121	Amelia

Key	
Water	Hiring for Personal Trainers, Group Fitness Instructors, F45 Coaches and CrossFit Texas Tech Coaches please contact johanna.valencia@ttu.edu for more information
Strength	
Cardio	
Mind/Body	
Cycle	
<p>Follow @urecttu on all social media platforms:</p> <div style="display: flex; justify-content: space-around;"> </div>	<p>Try CrossFit Texas Tech for Free on Maymester Schedule !!!</p> <p>First Monday of the Month, May 6th Receive \$5 off a 1-hour Massage</p>
<p>Congratulations to all the Texas Tech Graduates 2024!!!</p>	