# Raider X Schedule

**August Interim**  
**August 6-23rd**

**Welcome Week Aug 18-20**  
**Special Intro Classes**

- *August 18*  
  Matador 360—Ricardo  
  3:00p  
  RM 114

- *August 19*  
  Intro to Indoor Cycling Basics—Christina  
  3:00p  
  Raider Ride RM

- *August 20*  
  Intro to CrossFit—Moss and Stephen  
  3:30p

**Schedule is subject to change!**

## Monday 10
- 12:10-1:00pm  
  Total Body Burn—Johanna  
  RM 114

## Tuesday 11
- 12:10-1:00pm  
  Pilates—Yo  
  RM 121

## Wednesday 12
- 12:10-1:00pm  
  Yoga at the Barre—Johanna  
  RM 114

## Thursday 13
- 12:10-1:00pm  
  Yoga at the Barre—Johanna  
  RM 114

## Friday 14
- 5:30-6:30pm  
  Total Body Burn—Johanna  
  RM 114

## Saturday 15
- 12:10-1:00pm  
  Pilates—Yo  
  RM 121

## Sunday 16
- 12:10-1:00pm  
  Baptiste Power Yoga—Megan  
  RM 121

## Monday 17
- 12:10-1:00pm  
  Total Body Burn—Johanna  
  RM 114

## Tuesday 18
- 12:10-1:00pm  
  Yoga—Christina  
  RM 114

## Wednesday 19
- 12:10-1:00pm  
  Yoga—Christina  
  RM 114

## Thursday 20
- 12:10-1:00pm  
  Yoga at the Barre—Johanna  
  RM 114

## Friday 21
- 5:30-6:30pm  
  Total Body Burn—Johanna  
  RM 114

## Saturday 22
- 11:10-12:10pm  
  Yoga at the Barre—Johanna  
  RM 114

## Sunday 23
- 11:10-12:10pm  
  Yoga at the Barre—Johanna  
  RM 114

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**See Raider X Schedule**

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Fall Raider X classes begin  
August 24

Raider X2 FREE week  
August 24-30

Raider X2 Registration begins in FitWell  
August 19th

Paid Raider X2 Class Begin  
September 1st