# Raider X Schedule

## August 29-October 18

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30-7:15am</td>
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<td>6:30-7:15am</td>
<td>10:15-11:15am</td>
<td>11:00-12:00pm</td>
<td>11:30-11:50am</td>
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<tr>
<td>Sunrise Cycle-Kandis</td>
<td>Sunrise Cycle-Leo</td>
<td>Sunrise Cycle-Jessica P.</td>
<td>Sunrise Cycle-Leigh</td>
<td>Turbokick®-Kellee</td>
<td>Ashtanga Yoga-Brian</td>
<td>Core-Kellee</td>
</tr>
<tr>
<td>Raider Ride Room</td>
<td>Raider Ride Room</td>
<td>Raider Ride Room</td>
<td>Raider Ride Room</td>
<td>RM 114</td>
<td>RM 121</td>
<td>RM 114</td>
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</tbody>
</table>

- **Note:** Schedule is subject to change!

**Late Night Cycle:** Samantha

**Raider Pump:** Danielle H.

**Power Cycle:** Daniel H.

**Bootylicious:** Vy

**Integrative Yoga:** Faz

**Barre:** Leigh

**SwimFit:**

- RM 114
- RM 121
- RM 114
- RM 121

**Yoga:**

- Mckenzie
- Kay
- Camila
- Rumy
- Kele'

**Step and Tone:** Kayla

**Total Body Burn:** Kayla

**Late Night Yoga:** Becky

**Obstacle Course:**

- 7am @ RM 121
- 9pm @ Rec Center
- Oct. 5: 1000 LB Club
- 7pm @ RPR

**Fall Special Events**

- Aug. 25th: Matador Madness 5-9pm @ Rec Center
- Sept 10th: Wheel to Survive 10am-12pm @ Rec Center
- Sept. 30th: Zumba ProX Sept. 30
- Oct 5: 1000 LB Club 4-7pm @ RPR
- Oct 27: Reggae Night 7:15pm @ RM 114
- 7:10-8:10pm TurboKick Summer RM 114

**TTU RaiderXFitness**

- @TTURecSports
- #RaiderXFitness

**Fall Schedule**

- Schedule may change due to the football games for Saturday Classes

**Username:** fluresports

**Class Descriptions and Instructors name available online at:**

www.recsports.ttu.edu

- **http://www.depts.ttu.edu/recsports/aquatics/programming.php**

**Class sizes are determined by available equipment and space.**

- *Due to Weather location may change please see website http://www.depts.ttu.edu/recsports/aquatics/programming.php*