

# RaiderFIT Free Schedule

Time	Class	Room	Instructor
<b>Monday, November 23rd</b>			
5:30-6:30 pm	Zumba	Room 114	Sydney
<b>Tuesday, November 24th</b>			
5:30-6:30 pm	Vinaya Yoga	Room 121	Rumi
	Cycle	Room 116	Sydney
<b>Happy Thanksgiving! No Classes Nov. 25th-29th</b>			
<b>Monday, November 30th</b>			
6:15-7:15 am	FREE CrossFit	Court 5	Diana
5:30-6:30 pm	Kickboxing	Room 114	Isabell T.
<b>Tuesday, December 1st</b>			
4:30-5:30 pm	FREE CrossFit	Court 5	Skylar
5:30-6:30 pm	Cycle	Room 116	Sydney
<b>Wednesday, December 2nd</b>			
6:15-7:15 am	FREE CrossFit	Court 5	Diana
12:10-1:00 pm	HITT	Room 114	Brittany
5:30-6:30 pm	Cycle	Room 116	Hannah
<b>Thursday, December 3rd (Dead Day)</b>			
6:15-7:15 am	FREE CrossFit	Court 5	Morgan
12:10-1:00 pm	Yoga	Room 121	Shelby
4:00-4:45 pm	Vinaya Yoga	Room 121	Rumi
4:30-5:30 pm	FREE CrossFit	Court 5	Skylar
5:30-6:30 pm	Yin/Yang Yoga	Room 121	Jason
<b>Friday, December 4th</b>			
6:15-7:15 am	FREE CrossFit	Court 5	Zack G.
5:30-6:30 pm	Cycle	Room 116	Sarah Neal
<b>Monday, December 7th</b>			
6:15-7:15 am	FREE CrossFit	Court 5	Diana
5:30-6:30 pm	Kickboxing	Room 114	Isabell T.
<b>Tuesday, December 8th</b>			
4:30-5:30 pm	FREE CrossFit	Court 5	Skylar
5:30-6:30 pm	Barre	Room 121	Sarah Neal
	Cycle	Room 116	Sydney
<b>Wednesday, December 9th</b>			
6:15-7:15 am	FREE CrossFit	Court 5	Diana
12:10-1:00 pm	Kickboxing	Room 114	Isabell T.
5:30-6:30 pm	Cycle	Room 116	Isabella M.
<b>Thursday, December 10th</b>			
12:10-1:00 pm	Strength & Sculpt	Room 114	Amanda
4:30-5:30 pm	FREE CrossFit	Court 5	Skylar
5:30-6:30 pm	Vinaya Yoga	Room 121	Rumi
<b>Congrats Graduates! No Classes Dec. 11th-13th</b>			

Time	Class	Room	Instructor
<b>Monday, December 14th</b>			
6:15-7:15 am	FREE CrossFit	Court 5	Diana
12:10-1:00 pm	Cycle	Room 116	Isabella M.
5:30-6:30 pm	Kickboxing	Room 114	Isabell T.
<b>Tuesday, December 15th</b>			
4:30-5:30 pm	FREE CrossFit	Court 5	Skylar
5:30-6:30 pm	Vinaya Yoga	Room 121	Rumi
<b>Wednesday, December 16th</b>			
6:15-7:15 am	FREE CrossFit	Court 5	Diana
12:10-1:00 pm	Cycle	Room 116	Isabell T.
<b>Thursday, December 17th</b>			
4:30-5:30 pm	FREE CrossFit	Court 5	Diana
<b>Friday, December 18th</b>			
6:15-7:15 am	FREE CrossFit	Court 5	Zack G.
<b>Happy Holidays! No Classes Dec. 19th-Jan. 5th</b>			
<b>Wednesday, January 6th</b>			
4:30-5:30 pm	FREE CrossFit	Court 5	Zack G.
5:30-6:30 pm	Cycle	Room 116	Vianne
<b>Thursday, January 7th</b>			
6:15-7:15 am	FREE CrossFit	Court 5	Zack G.
12:10-1:00 pm	Cycle	Room 116	Isabella M.
5:30-6:30 pm	Barre	Room 121	Sarah Neal
<b>Friday, January 8th</b>			
12:10-1:00 pm	Pilates	Room 121	Zoe
4:30-5:30 pm	FREE CrossFit	Court 5	Zack G.
5:30-6:30 pm	Cycle	Room 116	Sydney
<b>Monday, January 11th</b>			
6:15-7:15 am	FREE CrossFit	Court 5	Dianna
12:10-1:00 pm	Pilates	Room 121	Zoe
	Cycle	Room 116	Hannah
4:30-5:30 pm	FREE CrossFit	Court 5	Morgan
5:30-6:30 pm	Kickboxing	Room 114	Isabell T.
<b>Tuesday, January 12th</b>			
6:15-7:15 am	FREE CrossFit	Court 5	Morgan
12:10-1:00 pm	Barre	Room 121	Narissra
	HITT	Room 114	Kailey
4:30-5:30 pm	Cycle	Room 116	Hannah
	FREE CrossFit	Court 5	Zack G.
5:30-6:30 pm	Strength & Sculpt	Room 114	Amanda
	Cycle	Room 116	Sydney
<b>Wednesday, January 13th</b>			
6:15-7:15 am	FREE CrossFit	Court 5	Diana
12:10-1:00 pm	Pilates	Room 121	Zoe
	Cycle	Room 116	Hannah
4:30-5:30 pm	FREE CrossFit	Court 5	Morgan
5:30-6:30 pm	Zumba	Room 114	Sydney
	Cycle	Room 116	Vianne
<b>Thursday, January 14th</b>			
6:15-7:15 am	FREE CrossFit	Court 5	Morgan
12:10-1:00 pm	HITT	Room 114	Kailey
4:30-5:30 pm	FREE CrossFit	Court 5	Zack G.
5:30-6:30 pm	Strength & Sculpt	Room 114	Amanda
	Cycle	Room 116	Adelyne

Time	Class	Room	Instructor
<b>Friday, January 15th</b>			
6:15-7:15 am	FREE Crossfit	Court 5	Zack G.
12:10-1:00 pm	Pilates	Room 121	Zoe
	Cycle	Room 116	Isabella M.
4:30-5:30 pm	FREE CrossFit	Court 5	Diana
	Strength & Sculpt	Room 114	Adelyne
5:30-6:30 pm	Vinaya Yoga	Room 121	Rafael
<b>Monday, January 18th</b>			
12:10-1:00 pm	Pilates	Room 121	Katheryn
	Cycle	Room 116	Hannah
5:30-6:30 pm	Zumba	Room 114	Sydney
	Cycle	Room 116	Isabella M.
<b>Tuesday, January 19th</b>			
12:10-1:00 pm	Cycle	Room 116	Hannah
5:30-6:30 pm	Strength & Sculpt	Room 114	Amanda
	Cycle	Room 116	Lauren
	Vinaya Yoga	Room 121	Rafael
<b>Spring Schedule Begins Wednesday, January 20th!</b>			
<b>Key</b>			
CrossFit			
Cardio			
Strength			
Mind/Body			
Cycle			
Water			
High Intensity Interval Training (HITT)			
<b>Registration is now required!</b>			
<b>Register in advance at <a href="http://recsports.ttu.edu">recsports.ttu.edu</a></b>			

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