

FITNESS SCHEDULE

UREC SPRING 2024

MARCH 18 - APRIL 28

MONDAY

6:30-7:15AM	SUNRISE CYCLE <small>RAIDER RIDE ROOM</small>
	MAT PILATES <small>ROOM 121</small>
1:00-2:00PM	YIN YOGA <small>ROOM 121</small>
4:30-5:15PM	PUMPED UP STRENGTH <small>ROOM 114</small>
	GENTLE FLOW <small>ROOM 121</small>
5:30-6:00PM	CORE <small>ROOM 116B</small>
5:30-6:15PM	CYCLE <small>RAIDER RIDE ROOM</small>
5:30-6:45PM	YOGA <small>ROOM 121</small>
7:30-8:15PM	BOLLYWOOD DANCE <small>RM 114</small>

TUESDAY

6:30-7:30AM	ASHTANGA VINYASA <small>ROOM 121</small>
12:15-1:00PM	STEP <small>ROOM 114</small>
4:30-5:15PM	KICKBOXING BLITZ <small>ROOM 114</small>
5:00-5:30PM	BOOTY + ABS <small>ROOM 116B</small>
5:30-6:45PM	INTEGRATIVE YOGA <small>ROOM 121</small>
5:45-6:15PM	CORE <small>ROOM 116B</small>
5:45-6:30PM	ZUMBA <small>ROOM 114</small>

WEDNESDAY

6:30-7:15AM	SUNRISE CYCLE <small>RAIDER RIDE ROOM</small>
	BARRE <small>ROOM 121</small>
1:00-2:00PM	YIN YOGA <small>ROOM 121</small>
4:30-5:15PM	PUMPED UP STRENGTH <small>ROOM 114</small>
5:00-5:45PM	BARRE <small>ROOM 121</small>
5:30-6:00PM	BOOTY + ABS <small>ROOM 116B</small>
5:30-6:15PM	POWER 45 <small>ROOM 114</small>
6:00-6:45PM	MAT PILATES <small>ROOM 121</small>
6:15-6:45PM	CORE <small>ROOM 116B</small>
7:30-8:15PM	BOLLYWOOD DANCE <small>ROOM 114</small>

THURSDAY

6:15-7:00AM	MAT PILATES <small>ROOM 121</small>
12:15-1:00PM	KICK & STEP <small>ROOM 114</small>
4:30-5:15PM	BARRE <small>ROOM 121</small>
	KICKBOXING BLITZ <small>ROOM 114</small>
5:30-6:00PM	ARMS + ABS <small>ROOM 116B</small>
5:30-6:15PM	CYCLE <small>RAIDER RIDE ROOM</small>
6:00-6:50PM	YIN YOGA <small>ROOM 121</small>
7:00-8:00PM	CANDLELIGHT YOGA <small>ROOM 121</small>

FRIDAY

6:15-7:00AM	SUNRISE CYCLE <small>RAIDER RIDE ROOM</small>
6:30-7:30AM	ASHTANGA VINYASA <small>ROOM 121</small>
12:15-1:00PM	CYCLE <small>RAIDER RIDE ROOM</small>
5:00-5:45PM	STEP <small>ROOM 114</small>
5:30-6:30PM	SLOW FLOW YOGA <small>ROOM 121</small>

SUNDAY

5:00-6:00PM	YOGA + MEDITATION <small>ROOM 121</small>
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SPECIAL DATES

- *4/8 - AQUA CLASSES BEGIN
- *MONDAYS 5:30-6:30PM - WATER AEROBICS
- *WEDNESDAYS 5:30-6:30PM - AQUA ZUMBA

SATURDAY - NO EVENTS

CHECK OUR [WEBSITE](#) & [SOCIAL MEDIA](#) FOR ANY CHANGES DUE TO TTU MEN'S BASKETBALL GAMES & HOLIDAYS



@TTUFITWELL

