

FITNESS SCHEDULE

UREC SPRING 2024 — JAN 8 - APRIL 28

MONDAY

6:30–7:15AM	SUNRISE CYCLE <small>RAIDER RIDE ROOM</small>
	MAT PILATES <small>ROOM 121</small>
12:15–1:00PM	ZUMBA <small>ROOM 114</small>
1:00–2:00PM	YIN YOGA <small>ROOM 121</small>
4:30–5:15PM	PUMPED UP STRENGTH <small>ROOM 114</small>
4:30–5:15PM	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>
6:15–6:45PM	BOOTY + ABS <small>ROOM 116B</small>
7:30–8:15PM	BOLLYWOOD DANCE <small>RM 114</small>

TUESDAY

4:30–5:30PM	PUMPED UP STRENGTH <small>ROOM 114</small>
5:00–5:30PM	BOOTY + ABS <small>ROOM 116B</small>
5:00–5:50PM	CYCLE <small>RAIDER RIDE ROOM</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>
6:50–7:20PM	GUIDED MEDITATION <small>ROOM 121</small>

WEDNESDAY

6:30–7:15AM	SUNRISE CYCLE <small>RAIDER RIDE ROOM</small>
	BARRE <small>ROOM 121</small>
12:15–1:00PM	STEP <small>ROOM 114</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>
5:30–6:20PM	CYCLE <small>RAIDER RIDE ROOM</small>
6:00–6:45PM	MAT PILATES <small>ROOM 121</small>
6:15–6:45PM	CORE <small>ROOM 116B</small>
6:30–7:15PM	POUND <small>ROOM 114</small>
7:30–8:15PM	BOLLYWOOD DANCE <small>ROOM 114</small>

THURSDAY

6:15–7:00AM	MAT PILATES <small>ROOM 121</small>
4:30–5:15PM	BARRE <small>ROOM 121</small>
	CYCLE <small>RAIDER RIDE ROOM</small>
5:30–6:00PM	ARMS + ABS <small>ROOM 116B</small>
5:30–6:15PM	CYCLE <small>RAIDER RIDE ROOM</small>
	MIXXEDFIT <small>ROOM 114</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>
12:15–1:00PM	CYCLE <small>RAIDER RIDE ROOM</small>
	KICKBOXING <small>ROOM 114</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

- *1/15 – MLK REDUCED SCHEDULE
- *2/12, 2/20, 2/27 – NO CLASSES AFTER 5:30PM
- *3/11–15 – SPRING BREAK REDUCED SCHEDULE

SATURDAY - NO EVENTS

CHECK OUR **WEBSITE** & **SOCIAL MEDIA** FOR ANY CHANGES DUE TO TTU MEN'S BASKETBALL GAMES & HOLIDAYS



@TTUFITWELL

