

FALL 2016 GROUP REC EXERCISE SCHEDULE

FREE WEEK: AUG. 29 - SEPT. 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:30 – 7:15 Cycle 30 Room 302	6:30 – 7:30 Total Training Room 302	6:30 – 7:15 Cycle 30 Room 302			
7:30 – 8:15 Cardio Fusion Room 301	7:45 – 8:45 Total Training Room 302	7:30 – 8:15 Cardio Fusion Room 301	7:45 – 8:45 Total Training Room 302	7:30 – 8:15 HIIT the Dance Floor Room 301		
9:00 – 9:45 Body Blaster Room 301	9:00 – 9:45 Pilates Express Room 301	9:00 – 9:45 Body Blaster Room 301	9:00 – 9:45 Pilates Express Room 301	9:00 – 9:45 Body Blaster Room 301	10:00 – 11:00 Rec Yoga Room 301	
					11:00 – 12:00 Pilates Room 304	
12:15 – 1:00 Wellness Works Yoga Room 303		12:15 – 1:00 Wellness Works Body Blaster Room 303		12:15 – 1:00 Wellness Works Cycle 30 Room 302	11:15 – 11:45 3-2-1 Burn Room 301	
12:15 – 1:00 Cardio Step Party Room 301	12:15 – 1:00 Body Blaster Room 301	12:15 – 1:00 Cardio Step Party Room 301	12:15 – 1:00 Body Blaster Room 301	12:15 – 1:15 TGIF Yoga Room 301		
3:00 – 3:45 Indoor Rowing Room 302	3:00 – 3:45 Cycle Express Room 302	3:00 – 3:45 Indoor Rowing Room 302	3:00-3:45 Cycle Express Room 302	3:00-3:45 HIIT Room 301		
4:00 – 4:45 Body Blaster Room 301	4:00 – 4:45 Strike Room 304	4:00 – 4:45 Body Blaster Room 301	4:30 – 5:15 HIIT the Dance Floor Room 304	4:00 – 4:45 Body Blaster Room 301		
	4:00 – 4:45 Body Blaster Room 301	4:00 – 5:00 Rec Yoga Room 304	4:00 – 4:45 Body Blaster Room 301	4:00 – 5:15 Power Yoga Room 304		
4:15 – 5:00 Cycle 6 Pack Room 302	4:15 – 5:00 Cycle 45 Room 302	4:15 – 5:00 Cycle 6 Pack Room 302	4:15 – 5:00 Cycle 45 Room 302	4:15 – 5:00 Cycle 45 Room 302		
5:00 – 5:30 Xplode & Flow Room 301	5:00 – 5:30 3 : 2 : 1 Burn Room 301	5:00 – 5:30 3 : 2 : 1 Burn Room 301	5:00 – 5:30 3 : 2 : 1 Burn Room 301	5:00 – 5:30 3 : 2 : 1 Burn Room 301		
5:30 – 6:15 Zumba Room 304	5:30 – 6:15 Dance Cardio Party Room 304	5:30 – 6:15 Piloxing Room 304	5:30 – 6:15 Dance JAM Room 304			
5:30 – 6:30 Hard Core Cycle Room 302	5:30 – 6:30 Hard Core Cycle Room 302	5:30 – 6:30 Hard Core Cycle Room 302	5:30 – 6:30 Hard Core Cycle Room 302	5:30 – 6:15 Cardio Happy Hour Room 301		
5:30 – 6:15 Cardio Water Instructional Pool	5:30 – 6:15 Cardio Water Instructional Pool	5:30 – 6:15 Aqua Zumba Instructional Pool	5:30 – 6:15 Cardio Water Instructional Pool			5:00 – 5:45 Body Blaster Room 301
5:45 – 6:30 HIIT Room 301	5:45 – 6:30 Body Blaster Room 301	5:45 – 6:30 HIIT Room 301	5:45 – 6:30 Body Blaster Room 301			6:00 – 6:45 Sunday Dance Party Room 301
6:30 – 7:30 Pilates Room 304	6:30 – 7:30 Rec Yoga Room 304	6:30 – 7:30 Pilates Room 304	6:30 – 7:30 Rec Yoga Room 304			6:00 – 6:45 Sunday Cycle Room 302
6:45 – 7:30 IndoRow Room 302	6:45 – 7:30 Cycle 45 Room 302	6:45 – 7:30 IndoRow Room 302	6:45 – 7:30 Cycle 45 Room 302			7:15 – 8:00 Shockwave Room 301
6:45 – 7:30 Kickbox Room 301	6:45 – 7:30 Cardio Step Party Room 301	6:45 – 7:30 Zumba Room 301	6:45 – 7:30 Cardio Step Party Room 301	PINK CELLS DENOTE FACULTY/STAFF ONLY		
7:45 – 8:30 Body Blaster Room 301	7:45 – 8:30 Body Blaster Room 301	7:45 – 8:30 Body Blaster Room 301	7:45 – 8:30 Body Blaster Room 301	DARKER CELLS DENOTE FREE CLASSES		
8:45 – 9:15 Core Challenge Room 304	9:00 – 9:30 Flex and Roll Room 304	8:45 – 9:15 Core Challenge Room 304	9:00 – 9:30 Flex and Roll Room 304			
8:45 – 9:30 Last Call HIIT Room 301	8:45 – 9:30 Last Call Cycle Room 302	8:45 – 9:30 Last Call HIIT Room 301				

Class passes can be purchased at the Member Services desk. Single-class passes are available for \$3 each. Unlimited class passes will be available Sept. 5 and are \$70, but are \$10 off during Free Week! Refunds are not available after purchase. Please visit our website for full class descriptions: recsports.tamu.edu/fitness-classes



REC SPORTS

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