

FREE WEEK
AUG. 27 - SEPT. 2

GROUP REC EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:30 – 7:15 Cycle 30 Room 302	6:30 – 7:15 Total Training Room 2221	6:30 – 7:15 Cycle 30 Room 302	6:30 – 7:30 Sunrise Yoga Room 301		
7:30-8:15 Cardio Fusion Room 301		7:30-8:15 Cardio Fusion Room 301			9:00 – 9:45 Saturday Spin Room 302	
9:00 – 9:45 Body Blaster Room 301	9:00 – 9:45 Pilates Room 301	9:00 – 9:45 Body Blaster Room 301	9:00 – 9:45 Pilates Room 301	9:00 – 9:45 Body Blaster Room 301	10:00 – 11:15 R&R Yoga Room 301	
				11:15 – 12:00 FRI-YAY HIIT Room 301	11:30 - 12:00 3:2:1 Burn Room 301	
12:15-1:00 Yoga Faculty/Staff Room 2221		12:15-1:00 Body Blaster Faculty/Staff Room 2221		12:15-1:00 Rowing Faculty/Staff Room 2221		
12:15 – 1:00 Cardio Step Room 301	12:15 – 1:00 Body Blaster Room 301	12:15 – 1:00 Cardio Step Room 301	12:15 – 1:00 Body Blaster Room 301	12:15 – 1:15 TGIF Yoga Room 301		
	3:00 – 3:45 Cycle Express Room 302		3:00 – 3:45 Cycle Express Room 302	3:00 – 3:45 Kickboxing Room 301		
4:00 – 4:45 HIIT the Beat! Room 301	4:00 – 4:45 Body Blaster Room 301	4:00 – 4:45 Step & Sculpt Room 301	4:00 – 4:45 Body Blaster Room 301	4:00 – 4:45 Body Blaster Room 301		
4:15 – 5:15 Yoga Room 304	4:15 – 5:15 Pilates Room 304	4:15 – 5:15 Yoga Room 304	4:15 – 5:15 Pilates Room 304	4:15 – 5:15 Yoga Room 304		
4:15 – 5:15 Cycle 6 Pack Room 302	4:30 – 5:15 Cycle/Strength Intervals Room 302	4:15 – 5:15 Cycle 6 Pack Room 302	4:30 – 5:15 Cycle/Strength Intervals Room 302	4:15 – 5:15 Cycle 6 Pack Room 302		
5:00 – 5:30 HIIT 30 Room 301	5:00 – 5:30 3:2:1 Burn Room 301	5:00 – 5:30 HIIT 30 Room 301	5:00 – 5:30 3:2:1 Burn Room 301	5:00 – 5:30 HIIT 30 Room 301		
5:30 – 6:15 Zumba Room 304	5:30 – 6:15 Club Dance Room 304	5:30 – 6:15 Pound Room 304	5:30 – 6:15 Pound Room 304			
5:45 – 6:45 Cycle/Strength Intervals Room 302	5:45 – 6:35 Cycle Strong Room 302	5:45 – 6:45 Cycle/Strength Intervals Room 302	5:45 – 6:35 Cycle Strong Room 302			
5:30 – 6:15 Cardio Water Instructional Pool	5:30 – 6:15 Cardio Water Instructional Pool	5:30 – 6:15 Cardio Water Instructional Pool	5:30 – 6:15 Cardio Water Instructional Pool			
5:45 – 6:30 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			5:00 – 5:45 Body Blaster Room 301
6:30 – 7:15 Pilates Room 304	6:30 – 7:15 Step & Sculpt Room 304	6:30 – 7:15 Pilates Room 304	6:30 – 7:15 Club Dance Room 304			6:00 – 6:45 Sunday Dance Party Room 301
6:45 – 7:30 Yoga Room 301	6:45 – 7:45 Total Training Room 302	6:45 – 7:30 Zumba Room 301	6:45 – 7:45 Total Training Room 302			6:00 – 6:45 Sunday Cycle Room 302
7:00 – 7:45 Cycle 45 Room 302	7:15 – 8:15 Row & Ripped Room 2221	7:00 – 7:45 Cycle 45 Room 302	7:15 – 8:00 Shockwave Room 2221			7:00 – 8:00 Yoga Room 301
7:30 – 8:15 Step & Sculpt Room 304	7:30 – 8:00 Lower Body Blast Room 304	7:30 – 8:15 Turbokick Room 304	7:30 – 8:00 Lower Body Blast Room 304			
7:45 – 8:30 Body Blaster Room 301	8:00 – 8:45 Last Call Cycle Room 302	7:45 – 8:30 Body Blaster Room 301	8:00 – 8:45 Last Call Cycle Room 302			
8:30 – 9:30 Yoga Room 304	8:15 – 8:55 Relax & Restore Room 304	8:30 – 9:30 Yoga Room 304	8:15 – 8:55 Relax & Restore Room 304	Class passes can be purchased at the Member Services desk. Single-class passes are available for \$5 each. Unlimited class passes will be on sale Aug. 19 - Sept. 2 for \$50 (\$10 off the regular price of \$60). Price will increase to \$60 on Sept. 3. Refunds are not available after purchase. Please visit our website for full class descriptions: recsports.tamu.edu/fitness-classes		

DARK BLUE CELLS DENOTE FREE CLASSES

WHITE CELLS DENOTE FACULTY & STAFF ONLY CLASSES