

GROUP RECXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:30 - 7:30 Sunrise Yoga Room 301		6:30 - 7:30 Sunrise Yoga Room 301			
					10:15 - 11:15 Rec Yoga Room 301	
10:00 - 10:45 Pilates Room 301		10:00 - 10:45 Pilates Room 301		10:00 - 10:45 Body Blaster Room 301	10:30 - 11:15 Saturday Cycle Room 302	
12:15 - 1:00 Cardio Step Party Room 301	12:15 - 1:00 Body Blaster Room 301	12:15 - 1:00 Step & Sculpt Room 301	12:15 - 1:00 Body Blaster Room 301	12:15 - 1:15 TGIF Yoga Room 301	11:30 - 12:00 Super Abs Room 301	
12:15 - 1:00 Outdoor Water Outdoor Pool	12:15 - 1:00 Outdoor Water Outdoor Pool	12:15 - 1:00 Outdoor Water Outdoor Pool	12:15 - 1:00 Outdoor Water Outdoor Pool	12:15 - 1:00 Outdoor Water Outdoor Pool		
2:15 - 1:00 Faculty/Staff Yoga Room 2221		12:15 - 1:00 Faculty/Staff Body Blaster Room 2221		12:15 - 1:00 Faculty/Staff Just Rowing Room 2221		
				3:00 - 3:45 Kickboxing Room 301		
4:15 - 5:15 Cycle 6 Pack Room 302	4:00 - 4:45 Body Blaster Room 301	4:15 - 5:15 Cycle 6 Pack Room 302	4:00 - 4:45 Body Blaster Room 301	4:15 - 5:15 Cycle 6 Pack Room 302		
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	5:00 - 5:30 3-2-1 Burn Room 301		
5:30 - 6:15 Cardio Water Indoor Pool	5:30 - 6:15 Cardio Water Indoor Pool	5:30 - 6:15 Cardio Water Indoor Pool	5:30 - 6:15 Cardio Water Indoor Pool			
5:30 - 6:30 Party at the Barre Room 303	5:30 - 6:15 Zumba Room 304	5:30 - 6:30 Party at the Barre Room 303	5:30 - 6:15 Cardio Dance Party Room 304			
5:45 - 6:45 CSI Room 302	5:45 - 6:35 Cycle Endurance Room 302	5:45 - 6:35 Cycle Endurance Room 302	5:45 - 6:35 Cycle Endurance Room 302			
5:45 - 6:45 Yoga Room 304	5:45 - 6:30 Pilates Express Room 301	5:45 - 6:45 Yoga Room 304	5:45 - 6:30 Pilates Express Room 301			
6:30 - 7:15 Cardio Step Party Room 301	6:30 - 7:15 Body Blaster Room 304	6:30 - 7:15 Cardio Step Party Room 301	6:30 - 7:15 Body Blaster Room 304			6:00 - 6:45 Body Blaster Room 301
7:00 - 7:45 Piloxing Room 304	7:00 - 7:45 Turbokick Room 301	7:00 - 7:45 Kickboxing Room 304	7:00 - 7:45 HIIT Room 301			6:00 - 6:45 Sunday Dance Party Room 304
	7:00 - 7:45 Row and Ripped Room 2221		7:00 - 7:45 Shockwave Room 2221			7:00 - 7:45 Turbokick Room 301
8:00 - 9:00 Rec Yoga Room 304	8:00 - 8:45 Cycle 6 Pack Room 302	8:00 - 9:00 R&R Yoga Room 304				7:00 - 8:00 Rec Yoga Room 304
				Summer class passes can be purchased at the Member Services desk beginning May 21. Unlimited passes are available for \$30 per summer session or for \$50 for both sessions (includes a \$10 discount for purchasing for the whole summer). Single-class passes are available for \$5 each. Refunds are not available after purchase. Please visit our website for class descriptions: recsports.tamu.edu/fitness-classes		
	Black cells denote FREE classes!					