

WINTER INTERIM

GROUP REEXERCISE SCHEDULE

DEC. 6 - JAN. 16

TIME	LOCATION	CLASS	INSTRUCTOR	TIME	LOCATION	CLASS	INSTRUCTOR
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Monday December 6			
6:30 - 7:15AM	Rm 302	Cycle Strength Intervals	Michelle
9:00 - 9:45AM	Rm 301	Body Blaster	Natalie
12:15 - 1:00PM	Rm 301	Cardio Step	Miranda
4:00 - 4:45PM	RM 301	Step & Sculpt	Lisa
4:15 - 5:15PM	Rm 302	Cycle Strength Intervals	Myrka
4:15 - 5:15PM	Rm 304	Rec Yoga	Novey
5:00 - 5:30PM	Rec Lawn	FREE 321 Burn	Maggie
5:30 - 6:15PM	Rm 304	Zumba	Shannon E.
5:30 - 6:15PM	Rm 303	Party at the Barre	Annie
5:45 - 6:30PM	Rm 302	Cycle Express	Vita
6:30 - 7:15PM	Rm 304	Kickboxing	Michelle
7:00 - 7:45PM	Rm 2221	FREE Shockwave	Abby
7:30 - 8:15PM	Rm 304	Rec Yoga	Danie
Tuesday December 7			
6:30 - 7:15AM	Rm 302	Cycle Express	Colette
7:30 - 8:15AM	Rm 303	Party at the Barre	Allison
12:15 - 1:00PM	Rm 301	Rec Yoga	Anna
4:00 - 4:45PM	Rm 301	Body Blaster	Shannon E.
4:15 - 5:15PM	Rm 302	Cycle 6-Pack	Lauren
5:30 - 6:15PM	Rm 303	Party at the Barre	Michelle
5:30 - 6:15PM	Instructional Pool	FREE Cardio Water	Monica
5:30 - 6:15PM	Rm 304	HIIT the Dance Floor	Shannon E.
5:45 - 6:30PM	Rm 302	Cycle Strength Intervals	Myrka
5:45 - 6:30PM	Rm 301	Kickboxing	Annie
6:45 - 7:15PM	Rm 301	FREE Lower Body Blast	Abby
6:30 - 7:15PM	Rm 304	Pilates	Danie
Wednesday December 8			
6:30 - 7:15AM	Rm 304	FREE Sunrise Yoga	Novey
6:30 - 7:15AM	Rm 302	Cycle Strength Intervals	Annie
12:15 - 1:00PM	Rm 301	Body Blaster	Kourtney B.
4:00 - 4:45PM	Rm 301	Step & Sculpt	Maggie
4:15 - 5:15PM	Rm 302	Cycle Strength Intervals	Natalie
4:15 - 5:15PM	Rm 304	Rec Yoga	Vita
5:30 - 6:15PM	Instructional Pool	FREE Cardio Water	DeAun
5:30 - 6:15PM	Rm 303	Party at the Barre	Shannon E.
5:45 - 6:30PM	Rm 302	Cycle Express	Natalie
6:30 - 7:15PM	Rm 304	Kickboxing Strength Intervals	Michelle
7:00 - 7:45PM	Rm 2221	FREE Shockwave	Abby
7:30 - 8:15PM	Rm 304	Rec Yoga	Danie
Thursday December 9 - Reading Day			
6:30 - 7:15AM	RM 302	FREE Cycle Strength Intervals	Colette
7:30 - 8:15AM	Rm 303	FREE Party at the Barre	Allison
12:15 - 1:00PM	Rm 301	FREE Body Blaster	Michelle
4:15 - 5:15PM	RM 302	FREE Cycle 6-Pack	Lauren
5:30 - 6:15PM	Rm 304	FREE HIIT the Dance Floor	Shannon E.
5:45 - 6:30PM	RM 301	FREE Rec Yoga	Vita
Friday December 10			
6:30 - 7:15AM	Rm 304	FREE Sunrise Yoga	Allison
9:00 - 9:45AM	Rm 304	Pilates	Novey
12:15 - 1:00PM	RM 304	TGIF Yoga	Vita
4:15 - 5:15PM	RM 302	Cycle 6-Pack	Natalie
Saturday December 11			
9:00 - 9:45AM	Rm 301	Body Blaster	Natalie
10:00 - 10:45AM	Rm 304	Rec Yoga	Novey
10:15 - 11:00AM	Rm 301	FREE Kickboxing	Lauren
11:00-11:45AM	Rm 304	Pilates	Danie

Sunday December 12			
4:30 - 5:15PM	Rm 303	Party at the Barre	Danie
5:30 - 6:15PM	Rm 304	Sunday Dance Party	Lisa
7:00 - 7:45PM	Rm 304	Rec Yoga	Avery
Monday December 13			
12:15 - 1:00PM	Rm 304	Rec Yoga	Michelle
4:00 - 4:45PM	Rm 301	Body Blaster	Kourtney B.
5:30 - 6:15PM	Rm 304	Club Dance	Lisa
Tuesday December 14			
6:30 - 7:15AM	Rm 302	Cycle Express	Michelle
12:15 - 1:00PM	RM 301	Step & Sculpt	Lisa
5:30 - 6:15PM	RM 304	Pilates	Novey
Wednesday December 15			
12:15 - 1:00PM	Rm 303	Party at the Barre	Anna
4:00 - 4:45PM	RM 304	Rec Yoga	Anna
5:30 - 6:15PM	Rm 304	Club Dance	Shannon E.
Thursday December 16			
12:15 - 1:00PM	RM 301	Body Blaster	Kourtney B.
5:30 - 6:15PM	Rm 303	Party at the Barre	Anna
Friday December 17 - Sunday January 2 - Commencement & Adjusted Rec Hours			
Monday January 3			
12:15 - 1:00PM	Rm 301	Body Blaster	Allison
4:00 - 4:45PM	Rm 304	Rec Yoga	Miranda
Tuesday January 4			
12:15 - 1:00PM	Rm 301	Cardio Step	Miranda
5:30 - 6:15PM	Rm 303	Party at the Barre	Abby
Wednesday January 5			
12:15 - 1:00PM	Rm 301	Body Blaster	Abby
5:30 - 6:15PM	Rm 302	Cycle Strength Intervals	Michelle
Thursday January 6			
12:15 - 1:00PM	Rm 304	Cardio Dance	Lisa
5:30 - 6:15PM	Rm 303	Party at the Barre	Michelle
Friday January 7			
12:15 - 1:00PM	RM 304	TGIF Yoga	Anna
4:00 - 4:45PM	Rm 302	Cycle 6-Pack	Jacob
Monday January 10			
12:15 - 1:00PM	Rm 301	Body Blaster	Allison
4:00 - 4:45PM	Rm 304	Kickboxing	Michelle
Tuesday January 11			
12:15 - 1:00PM	Rm 301	Cardio Step	Miranda
5:30 - 6:15PM	Rm 304	Rec Yoga	Michelle
Wednesday January 12			
12:15 - 1:00PM	Rm 301	Body Blaster	Allison
5:30 - 6:15PM	Rm 304	Club Dance	Lisa
Thursday January 13			
12:15 - 1:00PM	Rm 301	Rec Yoga	Miranda
5:30 - 6:15PM	Rm 304	Club Dance	Shannon E.
Friday January 14			
12:15 - 1:00PM	Rm 301	Cardio Fusion	Shannon E.
4:00 - 4:45PM	Rm 304	Rec Yoga	Anna
Saturday January 15			
9:00 - 9:45AM	Rm 301	Body Blaster	Natalie
10:15 - 11:00AM	Rm 301	Kickboxing	Shannon E.
11:00-11:45AM	Rm 304	Pilates	Novey
Sunday January 16			
4:30 - 5:15PM	Rm 303	Party at the Barre	Abby
5:30 - 6:15PM	Rm 304	HIIT the Dance Floor	Shannon E.
7:00 - 7:45PM	Rm 304	Rec Yoga	Novey
Monday January 17 - Start of Spring 2022 Schedule			

Registration for classes is required. A class pass is required for all classes except those denoted as FREE. Visit reconnect.tamu.edu or the Rec Sports App to register and purchase a pass. All Access Pass: currently ON SALE for \$30 (valid through the Winter Interim); One Class Pass: \$5