

Living Well Winter 2022 Interim Fitness Schedule

December 8, 2022 - January 15, 2023

White cells denote classes that will be hosted by Texas A&M Rec Sports - <https://recsports.tamu.edu/>
Sign up via the Texas A&M Rec Sports App or online at reconnect.tamu.edu

Dark Grey cells denote classes that will be hosted by Piranha Fitness Studio - www.piranhafitnessstudio.com

Date	Time	Class	Location
Thursday, December 8	9:00am-9:45am	Body Blaster	Southside Rec
	12:15pm-1:00pm	Kickboxing	SRC 301
	4:00pm-4:45pm	Rec Yoga	SRC 301
	4:45pm-5:25pm	Cycle	Piranha Fitness Studio
	5:30pm-6:15pm	HIIT The Dance Floor	SRC 304
	5:30pm-6:15pm	Cardio Water	Rec Center Instructional Pool
Friday, December 9	9:00am-9:45am	Pilates	SRC 303
	12:15pm-1:00pm	TGIF Barre	SRC 303
	4:00pm-4:45pm	Kickboxing	Polo Road Rec Center
	4:00pm-4:45pm	Cycle Strength Intervals	SRC 302
Saturday, December 10	9:00am-9:45am	Saturday Spin	SRC 302
	10:00am-10:45am	Pilates	SRC 301
Sunday, December 11	3:00pm-3:45pm	Cycle	Piranha Fitness Studio
	5:30pm-6:15pm	Party at the Barre	Polo Road Rec Center
	6:30pm-7:15pm	Sunday Cycle	SRC 302
	7:00pm-8:00pm	Rec Yoga	SRC 304
Monday, December 12	12:15pm-1:00pm	Rec Yoga	SRC 301
	4:00pm-4:45pm	Kickboxing	SRC 301
	4:45pm-5:30pm	PUMP	Piranha Fitness Studio
	5:30pm-6:15pm	Cycle Strength Intervals	SRC 302
	5:45pm-6:30pm	Party at the Barre	Polo Road Rec Center
Tuesday, December 13	9:00am-9:45am	Pilates	SRC 301
	12:15pm-1:00pm	Party at the Barre	SRC 301
	4:45pm-5:25pm	Cycle	Piranha Fitness Studio
	5:30pm-6:15pm	Cardio Water	Rec Center Instructional Pool
	5:30pm-6:15pm	Step & Sculpt	SRC 304
Wednesday, December 14	12:15pm-1:00pm	Body Blaster	SRC 301
	4:00pm-4:45pm	Kickboxing	SRC 301
	4:45pm-5:30pm	PUMP	Piranha Fitness Studio
	5:30pm-6:15pm	Cardio Water	Rec Center Instructional Pool
	5:45pm-6:30pm	Pilates	Polo Road Rec Center
	9:00am-9:45am	Pilates	SRC 303
	12:15pm-1:00pm	Cardio Step	SRC 301
	4:45pm-5:25pm	Cycle	Piranha Fitness Studio

Thursday, December 15	5:30pm-6:15pm	Club Dance	SRC 304
Sunday, December 18	3:00pm-3:45pm	Cycle	Piranha Fitness Studio
Monday, December 19	4:45pm-5:30pm	PUMP	Piranha Fitness Studio
Tuesday, December 20	4:45pm-5:25pm	Cycle	Piranha Fitness Studio
Wednesday, December 21	4:45pm-5:30pm	PUMP	Piranha Fitness Studio
December 22 - Sunday, January 1: NO GROUP FITNESS CLASSES			
Monday, January 2	4:45pm-5:30pm	PUMP	Piranha Fitness Studio
Tuesday, January 3	4:45pm-5:25pm	Cycle	Piranha Fitness Studio
Wednesday, January 4	4:45pm-5:30pm	PUMP	Piranha Fitness Studio
Thursday, January 5	4:45pm-5:25pm	Cycle	Piranha Fitness Studio
Sunday, January 8	4:00pm-4:45pm	PUMP	Piranha Fitness Studio
Monday, January 9	12:15pm-1:00pm	Yoga	SRC 301
	4:45pm-5:30pm	PUMP	Piranha Fitness Studio
	5:30pm-6:15pm	Pilates	SRC 304
Tuesday, January 10	12:15pm-1:00pm	Step & Sculpt	SRC 301
	4:45pm-5:25pm	Cycle	Piranha Fitness Studio
	5:30pm-6:15pm	Cycle Strength Intervals	SRC 302
Wednesday, January 11	12:15pm-1:00pm	Body Blaster	SRC 304
	4:45pm-5:30pm	PUMP	Piranha Fitness Studio
	5:30pm-6:15pm	Cardio Step	SRC 301
Thursday, January 12	12:15pm-1:00pm	Party at the Barre	SRC 303
	4:45pm-5:25pm	Cycle	Piranha Fitness Studio
	5:30pm-6:15pm	Club Dance	SRC 304
Friday, January 13	12:15pm-1:00pm	Pilates	SRC 303
	4:00pm-4:45pm	Kickboxing	SRC 301
Sunday, January 15	4:00pm-4:45pm	PUMP	Piranha Fitness Studio
Monday, January 16: University Holiday			
Tuesday, January 17: First Day of Living Well Spring 2023 Schedule			