

# Living Well May 2023 Interim Exercise & Movement Schedule

May 3, 2023 - May 25, 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](https://reconnect.tamu.edu)

Dark Grey cells denote classes that will be hosted by Piranha Fitness Studio - [www.piranhafitnessstudio.com](http://www.piranhafitnessstudio.com)

Date	Time	Class	Location
Wednesday, May 3	9:00am-9:45am	Rec Yoga	SRC 304
	12:15pm-1:00pm	Body Blaster	SRC 301
	12:15pm-1:00pm	Yogalates	SRC 304
	4:00pm-4:45pm	Kickboxing	SRC 301
	4:15pm-5:15pm	Cycle Strength Intervals	SRC 302
	4:45pm - 5:30pm	PUMP	Piranha Fitness Studio
	5:30pm-6:15pm	HIIT the Dance Floor	SRC 304
	6:30pm-7:15pm	Yogalates	SRC 304
Thursday, May 4	9:00am- 9:45am	Pilates	SRC 304
	12:15pm-1:00pm	Step & Sculpt	SRC 301
	4:15pm-5:15pm	Cycle & Core	SRC 302
	4:45pm - 5:25pm	Cycle	Piranha Fitness Studio
	5:15pm-6:00pm	Outdoor Water	Outdoor Pool
	5:30pm-6:15pm	Club Dance	SRC 304
Friday, May 5	9:00am-9:45am	Cycle Express	SRC 302
	12:15pm-1:00pm	TGIF Barre	SRC 303
	4:00pm-4:45pm	Yogalates	SRC 304
	5:00pm-5:45pm	HIIT 30	SRC 301
Saturday, May 6	10:15am-11:00 am	Pilates	SRC 301
	11:00am-11:45am	Kickboxing	SRC 304
Sunday, May 7	4:00pm - 4:45pm	PUMP	Piranha Fitness Studio
	5:30pm-6:15pm	Pilates	SRC 304
	6:30pm-7:15pm	Rec Yoga	SRC 304
Monday, May 8	12:15pm-1:00pm	Rec Yoga	SRC 304
	4:00pm-4:45pm	Body Blaster	SRC 301
	4:45pm - 5:30pm	PUMP	Piranha Fitness Studio
	5:15pm-6:00pm	Outdoor Water	Outdoor Pool
	5:30pm-6:15pm	Zumba	SRC 304
Tuesday, May 9	9:00am-9:45am	Cycle Express	SRC 302
	12:15pm-1:00pm	Step & Sculpt	SRC 301
	4:15pm-5:15pm	Yogalates	SRC 304
	4:45pm - 5:25pm	Cycle	Piranha Fitness Studio
	5:15pm-6:00pm	Outdoor Water	Outdoor Pool
Wednesday, May 10	9:00am-9:45am	Cycle Strength Intervals	SRC 302
	12:15pm-1:00pm	Body Blaster	SRC 301
	4:45pm - 5:30pm	PUMP	Piranha Fitness Studio
	5:15pm-6:00pm	Outdoor Water	Outdoor Pool
Thursday, May 11	4:45pm - 5:25pm	Cycle	Piranha Fitness Studio
Friday, May 12	<b>No Classes - Graduation Ceremonies</b>		
Sunday, May 14	4:00pm - 4:45pm	PUMP	Piranha Fitness Studio
Monday, May 15	12:15pm-1:00pm	Rec Yoga	SRC 301
	4:45pm - 5:30pm	PUMP	Piranha Fitness Studio
	5:30pm-6:15pm	Zumba	SRC 304
Tuesday, May 16	12:15pm-1:00pm	Yogalates	SRC 301
	4:45pm - 5:25pm	Cycle	Piranha Fitness Studio
	5:30pm-6:15pm	Party at the Barre	SRC 303
	12:15pm-1:00pm	Body Blaster	SRC 301

<b>Wednesday, May 17</b>	4:45pm - 5:30pm	PUMP	Piranha Fitness Studio
	5:30pm-6:15pm	Rec Yoga	SRC 304
<b>Thursday, May 18</b>	12:15pm-1:00pm	Cycle Express	SRC 302
	4:45pm - 5:25pm	Cycle	Piranha Fitness Studio
	5:30pm-6:15pm	Party at the Barre	SRC 303
<b>Friday, May 19</b>	12:15pm-1:00pm	TGIF Barre	SRC 303
<b>Sunday, May 21</b>	4:00pm - 4:45pm	PUMP	Piranha Fitness Studio
<b>Monday, May 22</b>	12:15pm-1:00pm	Rec Yoga	SRC 301
	4:45pm - 5:30pm	PUMP	Piranha Fitness Studio
<b>Tuesday, May 23</b>	12:15pm-1:00pm	Club Dance	SRC 304
	4:45pm - 5:25pm	Cycle	Piranha Fitness Studio
<b>Wednesday, May 24</b>	12:15pm-1:00pm	Body Blaster	SRC 301
	4:45pm - 5:30pm	PUMP	Piranha Fitness Studio
<b>Thursday, May 25</b>	4:45pm - 5:25pm	Cycle	Piranha Fitness Studio
<b>Friday, May 26 - Monday, May 29: Memorial Day Weekend, No Classes</b>			
<b>Tuesday, May 30: First Day of Living Well Summer 2023 Schedule</b>			