

# Winter Interim Fitness Schedule

December 5, 2023 - January 14, 2024

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)

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

Date	Time	Class	Location
Tuesday, December 5	6:30 am - 7:15 am	Cycle Express	Rec Center 302
	9:00 am - 9:45 am	Pilates	Rec Center 301
	12:15 pm - 1:00 pm	Party at the Barre	Rec Center 303
	4:00 pm - 4:45 pm	Cycle Strength Intervals	Rec Center 302
	4:45 pm - 5:30 pm	Cycle	Piranha Fitness Studio
	4:45 pm - 5:30 pm	Cardio Step	Rec Center 301
	5:30 pm - 6:15 pm	HIIT the Dance Floor	Rec Center 304
	5:30 pm - 6:15 pm	Cardio Water	Rec Instructional Pool
6:00 pm - 6:45 pm	Yoga/Yogalates	Rec Center 301	
Wednesday, December 6	6:30 am - 7:15 am	Cycle Express	Rec Center 302
	9:00 am - 9:45 am	Party at the Barre	Rec Center 303
	12:15 pm - 1:00 pm	Step & Sculpt	Rec Center 301
	4:00 pm - 4:45 pm	Cycle & Core	Rec Center 302
	4:45 pm - 5:30 pm	Cycle Weights	Piranha Fitness Studio
	5:30 pm - 6:15 pm	Club Dance	Rec Center 301
	6:00 pm - 6:45 pm	Country Western	Rec Center 304
Thursday, December 7	9:00 am - 9:45 am	Pilates	Rec Center 301
	12:15 pm - 1:00 pm	Body Blaster	Rec Center 301
	4:00 pm - 4:45 pm	Cycle Express	Rec Center 302
	4:45 pm - 5:30 pm	Cycle	Piranha Fitness Studio
	5:30 pm - 6:15 pm	Cardio Water	Rec Instructional Pool
	5:30 pm - 6:15 pm	Step & Sculpt	Rec Center 301
	6:00 pm - 6:45 pm	Yoga/Yogalates	Rec Center 304
Friday, December 8	11:00 am - 11:45 am	Body Blaster	Rec Center 301
	12:15 pm - 1:00 pm	TGIF Barre	Rec Center 303
	4:00 pm - 4:45 pm	Kickboxing	Rec Center 304
	4:15 pm - 5:15 pm	Cycle Strength Intervals	Rec Center 302
Saturday, December 9	9:30 am - 10:15 am	Saturday Spin	Rec Center 302
	10:00 am - 10:45 am	Pilates	Rec Center 303
	11:00 am - 11:45 am	Kickboxing	Rec Center 304
Sunday, December 10	4:00 pm - 4:45 pm	Cycle	Piranha Fitness Studio
	5:30 pm - 6:15 pm	HIIT the Dance Floor	Rec Center 301
	6:00 pm - 6:45 pm	Sunday Cycle	Rec Center 302
	7:00 pm - 7:45 pm	Yoga	Rec Center 304
Monday, December 11	12:15 pm - 1:00 pm	Pilates	Rec Center 304
	4:15 pm - 5:15 pm	Cycle Strength Intervals	Rec Center 302
	4:45 pm - 5:30 pm	Cycle Weights	Piranha Fitness Studio
	5:30 pm - 6:15 pm	Party at the Barre	Rec Center 303
	6:30 pm - 7:15 pm	Pilates	Rec Center 304
Tuesday, December 12	9:00 am - 9:45 am	Cycle Express	Rec Center 302
	12:15 pm - 1:00 pm	Pilates	Rec Center 304
	4:00 pm - 4:45 pm	Body Blaster	Rec Center 301
	4:45 pm - 5:30 pm	Cycle	Piranha Fitness Studio
	5:30 pm - 6:15 pm	Cardio Water	Rec Instructional Pool
Wednesday, December 13	4:45 pm - 5:30 pm	Cycle Weights	Piranha Fitness Studio
Thursday, December 14	4:45 pm - 5:30 pm	Cycle	Piranha Fitness Studio
Sunday, December 17	4:00 pm - 4:45 pm	Cycle	Piranha Fitness Studio
Monday, December 18	4:45 pm - 5:30 pm	Cycle Weights	Piranha Fitness Studio
Tuesday, December 19	4:45 pm - 5:30 pm	Cycle	Piranha Fitness Studio
Wednesday, December 20	4:45 pm - 5:30 pm	Cycle Weights	Piranha Fitness Studio
Thursday, December 21	4:45 pm - 5:30 pm	Cycle	Piranha Fitness Studio
<b>December 25, 2023 - January 1, 2024</b>			
<b>Faculty/Staff Holiday - NO CLASSES</b>			
Tuesday, January 2	4:45 pm - 5:30 pm	Cycle	Piranha Fitness Studio
Wednesday, January 3	4:45 pm - 5:30 pm	Cycle Weights	Piranha Fitness Studio
Thursday, January 4	4:45 pm - 5:30 pm	Cycle	Piranha Fitness Studio
Sunday, January 7	4:00 pm - 4:45 pm	Cycle	Piranha Fitness Studio
Monday, January 8	12:15 pm - 1:00 pm	Yoga	Rec Center 304
	4:45 pm - 5:30 pm	Cycle Weights	Piranha Fitness Studio
	6:00 pm - 6:45 pm	Latin Mix	Rec Center 304
Tuesday, January 9	12:15 pm - 1:00 pm	Pilates	Rec Center 304
	4:45 pm - 5:30 pm	Cycle	Piranha Fitness Studio
	6:00 pm - 6:45 pm	Country Western	Rec Center 304
Wednesday, January 10	12:15 pm - 1:00 pm	Body Blaster	Rec Center 301
	4:45 pm - 5:30 pm	Cycle Weights	Piranha Fitness Studio
	5:30 pm - 6:15 pm	Cardio Water	Rec Instructional Pool
Thursday, January 11	12:15 pm - 1:00 pm	Yogalates	Rec Center 304
	4:00 pm - 4:45 pm	Step & Sculpt	Rec Center 301
	4:45 pm - 5:30 pm	Cycle	Piranha Fitness Studio
Friday, January 12	12:15 pm - 1:00 pm	TGIF Barre	Rec Center 303
	6:00 pm - 6:45 pm	Latin Mix	Rec Center 304
Sunday, January 14	4:00 pm - 4:45 pm	Cycle	Piranha Fitness Studio
<b>Monday, January 15 - Faculty/Staff Holiday - NO CLASSES</b>			
<b>Spring Fitness Schedule Begins</b>			
<b>Tuesday, January 16</b>			