

Summer 2024 Interim Movement Schedule

May 1, 2024 - May 27, 2024

White cells denote classes hosted by Texas A&M Rec Sports; Sign up via Rec Sports App or online at reconnect.tamu.edu

Light Grey cells denote classes that will be hosted by Piranha Fitness Studio; Sign up at piranhafitnessstudio.com

Date	Time	Class	Location
Wednesday, May 1	7:30-8:00 a.m.	HIIT 30	Rec Center 301
	9:00-9:45 a.m.	Body Blaster	Rec Center 304
	12:15-1:00 p.m.	Cardio Step	Rec Center 301
	12:15-1:00 p.m.	Yogalates	Rec Center 304
	4:00-4:45 p.m.	Kickboxing	Rec Center 301
	4:15-5:15 p.m.	Cycle Strength Intervals	Rec Center 302
	4:45-5:30 p.m.	Cycle	Piranha Fitness Studio
	5:30-6:15 p.m.	HITT the Dance Floor	Rec Center 304
	6:30-7:15 p.m.	Pilates	Rec Center 304
Thursday, May 2	9:00-9:45 a.m.	Pilates	Rec Center 304
	12:15-1:00 p.m.	Body Blaster	Rec Center 301
	4:15-5:15 p.m.	Cycle Express	Rec Center 302
	4:45-5:30 p.m.	Cycle Weights	Piranha Fitness Studio
	5:15-6:00 p.m.	Outdoor Water	Rec Outdoor Pool
	5:30-6:15 p.m.	Yogalates	Rec Center 301
	5:30-6:15 p.m.	Cardio Step	Rec Center 304
Friday, May 3	9:00-9:45 a.m.	Cycle Strength Intervals	Rec Center 302
	11:00-11:45 a.m.	FRI-YAY HIIT	Rec Center 301
	12:15-1:00 p.m.	TGIF Barre	Rec Center 303
	4:15-5:00 p.m.	Pilates	Rec Center 301
Saturday, May 4	9:00-9:45 a.m.	Saturday Spin	Rec Center 301
	10:00-10:45 a.m.	Pilates	Rec Center 304
	11:00-11:45 a.m.	Party at the Barre	Rec Center 303
Sunday, May 5	4:45-5:30 p.m.	Cycle	Piranha Fitness Studio
	5:30-6:15 p.m.	Pilates	Rec Center 304
	6:00-6:45 p.m.	Sunday Cycle	Rec Center 302
	6:30-7:15 p.m.	Country Western Dance	Rec Center 304
Monday, May 6	7:30-8:15 a.m.	Cycle Strength Intervals	Rec Center 302
	12:15-1:00 p.m.	Rec Yoga	Rec Center 304
	4:00-4:45 p.m.	Body Blaster	Rec Center 301
	4:45-5:30 p.m.	Cycle	Piranha Fitness Studio
	5:15-6:00 p.m.	Outdoor Water	Rec Outdoor Pool
	5:30-6:15 p.m.	Zumba	Rec Center 304

Tuesday, May 7	9:00-9:45 a.m.	Cycle Express	Rec Center 302
	12:15-1:00 p.m.	Cardio Step	Rec Center 301
	4:15-5:15 p.m.	Yogalates	Rec Center 304
	4:45-5:30 p.m.	Cycle Weights	Piranha Fitness Studio
	5:15-6:00 p.m.	Outdoor Water	Rec Outdoor Pool
	5:30-6:15 p.m.	Party at the Barre	Rec Center 303
Wednesday, May 8	9:00-9:45 a.m.	Cycle Strength Intervals	Rec Center 302
	12:15-1:00 p.m.	Body Blaster	Rec Center 301
	4:45-5:30 p.m.	Cycle	Piranha Fitness Studio
	5:15-6:00 p.m.	Outdoor Water	Rec Outdoor Pool
Thursday, May 9	4:45-5:30 p.m.	Cycle Weights	Piranha Fitness Studio
Sunday, May 12	4:45-5:30 p.m.	Cycle	Piranha Fitness Studio
Monday, May 13	12:15-1:00 p.m.	Rec Yoga	Rec Center 301
	4:45-5:30 p.m.	Cycle	Piranha Fitness Studio
	5:30-6:15 p.m.	Zumba	Rec Center 304
Tuesday, May 14	12:15-1:00 p.m.	Pilates	Rec Center 301
	4:45-5:30 p.m.	Cycle Weights	Piranha Fitness Studio
	5:30-6:15 p.m.	Party at the Barre	Rec Center 303
Wednesday, May 15	12:15-1:00 p.m.	Body Blaster	Rec Center 301
	4:45-5:30 p.m.	Cycle	Piranha Fitness Studio
	5:30-6:15 p.m.	Rec Yoga	Rec Center 304
Thursday, May 16	12:15-1:00 p.m.	Pilates	Rec Center 302
	4:45-5:30 p.m.	Cycle Weights	Piranha Fitness Studio
	5:30-6:15 p.m.	Club Dance	Rec Center 304
Friday, May 17	12:15-1:00 p.m.	Step & Sculpt	Rec Center 301
Sunday, May 19	4:45-5:30 p.m.	Cycle	Piranha Fitness Studio
Monday, May 20	12:15-1:00 p.m.	Rec Yoga	Rec Center 301
	4:45-5:30 p.m.	Cycle	Piranha Fitness Studio
Tuesday, May 21	12:15-1:00 p.m.	Step & Sculpt	Rec Center 304
	4:45-5:30 p.m.	Cycle Weights	Piranha Fitness Studio
Wednesday, May 22	12:15-1:00 p.m.	Body Blaster	Rec Center 301
	4:45-5:30 p.m.	Cycle	Piranha Fitness Studio
Thursday, May 23	4:45-5:30 p.m.	Cycle Weights	Piranha Fitness Studio
Sunday, May 26	4:45-5:30 p.m.	Cycle	Piranha Fitness Studio
Monday, May 27 - Faculty/Staff Holiday - NO CLASSES			
Summer Movement Schedule Begins			
Tuesday, May 28			