

Living Well December 2024 Interim Movement Schedule

December 1 - 22, 2024

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

Light Grey cells denote classes hosted by Piranha Fitness Studio; sign up at piranhafitnessstudio.com

Blue cells denote classes hosted by Cycle Station; sing up via the Living Well app

Date	Class	Time	Location
Sunday, 12.1	Cycle	4:00-4:45 PM	Piranha Fitness Studio
Monday, 12.2	Body Blaster	9:00-9:45 AM	Rec Room 2221
	Party at the Barre	12:15-1:00 PM	Southside Rec Center
	Yoga	12:15-1:00 PM	Rec Room 2221
	Pilates	4:00-4:45 PM	Rec Room 2221
	Cycle	4:45-5:30 PM	Piranha Fitness Studio
	HIIT The Dance Floor	5:30-6:15 PM	Rec Room 2221
	Cardio Water	5:30-6:15 PM	Rec Instructional Pool
	Party at the Barre	5:30-6:15 PM	Southside Rec Center
	HIIT The Dance Floor	6:30-7:15 PM	Southside Rec Center
Tuesday, 12.3	Pilates	9:00-9:45 AM	Southside Rec Center
	Cardio Step Party	12:15-1:00 PM	Rec Room 2221
	Rec Yoga	4:00-4:45 PM	Rec Room 2221
	Cycle	4:45-5:30 PM	Piranha Fitness Studio
	HIIT The Dance Floor	5:30-6:15 PM	Southside Rec Center
	Cardio Water	5:30-6:15 PM	Rec Instructional Pool
Wednesday, 12.4	Pilates	9:00-9:45 AM	Southside Rec Center
	Body Blaster	12:15-1:00 PM	Rec Room 2221
	Cardio Kickboxing	4:00-4:45 PM	Rec Room 2221
	Cycle	4:45-5:30 PM	Piranha Fitness Studio
	Cycle	5:15-6:00 PM	Cycle Station
	Party at the Barre	5:30-6:15 PM	Southside Rec Center
	Pilates	5:30-6:15 PM	Rec Room 2221
Thursday, 12.5	Cardio Dance	12:15-1:00 PM	Rec Room 2221
	Yoga	4:00-4:45 PM	Rec Room 2221
	Cycle	4:45-5:30 PM	Piranha Fitness Studio
	Row & Reps	5:45-6:30 PM	Southside Rec Center
	Step & Sculpt	6:30-7:15 PM	Rec Room 2221
	Contemporary Dance	7:00-8:00 PM	Southside Rec Center

Date	Class	Time	Location
Friday, 12.6	Row & Reps	9:00-9:45 AM	Southside Rec Center
	FRIYAY HIIT	11:00-11:45	Rec Room 2221
	Party at the Barre	12:15-1:00 PM	Rec Room 2221
	Yoga	4:00-4:45 PM	Rec Room 2221
	Pilates	5:00-5:45 PM	Southside Rec Center
Sunday, 12.8	Cycle	4:00-4:45 PM	Piranha Fitness Studio
Monday, 12.9	Rec Yoga	12:15-1:00 PM	Rec Room 2221
	Party at the Barre	4:00-4:45 PM	Southside Rec Center
	Cycle	4:45-5:30 PM	Piranha Fitness Studio
	Cardio Water	5:30-6:15 PM	Rec Instructional Pool
	Row & Reps	5:45-6:30 PM	Southside Rec Center
Tuesday, 12.10	Row & Reps	9:00-9:45 AM	Southside Rec Center
	Yogalates	12:15-1:00 PM	Rec Room 2221
	Cycle	4:45-5:30 PM	Piranha Fitness Studio
	Cardio Water	5:30-6:15 PM	Rec Instructional Pool
	Pilates	5:30-6:15 PM	Rec Room 2221
Wednesday, 12.11	Body Blaster	12:15-1:00 PM	Rec Room 2221
	Party at the Barre	4:00-4:45 PM	Southside Rec Center
	Cycle	4:45-5:30 PM	Piranha Fitness Studio
	Cycle	5:15-6:00 PM	Cycle Station
	Cardio Water	5:30-6:15 PM	Rec Instructional Pool
	Pilates	5:45-6:30 PM	Rec Room 2221
Thursday, 12.12	Pilates	9:00-9:45 AM	Southside Rec Center
	Cardio Dance	12:15-1:00 PM	Rec Room 2221
	Cycle	4:45-5:30 PM	Piranha Fitness Studio
	Party at the Barre	5:30-6:15 PM	Southside Rec Center
	Pilates	5:30-6:15 PM	Rec Room 2221
Sunday, 12.15	Cycle	4:00-4:45 PM	Piranha Fitness Studio
Monday, 12.16	Cycle	4:45-5:30 PM	Piranha Fitness Studio
Tuesday, 12.17	Cycle	4:45-5:30 PM	Piranha Fitness Studio
Wednesday, 12.18	Cycle	4:45-5:30 PM	Piranha Fitness Studio
	Cycle	5:15-6:00 PM	Cycle Station
Thursday, 12.19	Cycle	4:45-5:30 PM	Piranha Fitness Studio
Sunday, 12.22	Cycle	4:00-4:45 PM	Piranha Fitness Studio

January Interim Schedule coming soon

Spring 2025 Regular Movement Schedule begins Jan. 13th