

# Living Well January 2025 Interim Movement Schedule

**January 2 - 12, 2025**

White cells denote classes hosted by Texas A&M Rec Sports; sign up via online [reconnect.tamu.edu](https://reconnect.tamu.edu)

Light Grey cells denote classes hosted by Piranha Fitness Studio; sign up at [piranhafitnessstudio.com](https://piranhafitnessstudio.com)

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

Date	Class	Time	Location
Thursday, 1.2	Megaweights	4:45-5:30 PM	Piranha Fitness Studio
Sunday, 1.5	Cycle	4:00-4:45 PM	Piranha Fitness Studio
Monday, 1.6	Body Blaster	12:15-1:00 PM	Rec Room 1134
	Cycle	4:45-5:30 PM	Piranha Fitness Studio
Tuesday, 1.7	HIIT The Dance Floor	12:15-1:00 PM	Rec Room 1134
	Cycle	4:45-5:30 PM	Piranha Fitness Studio
Wednesday, 1.8	Cardio Dance	12:15-1:00 PM	Rec Room 1134
	Cycle	5:15-6:00 PM	Cycle Station
Thursday, 1.9	Body Blaster	12:15-1:00 PM	Rec Room 1134
	Megaweights	4:45-5:30 PM	Piranha Fitness Studio
Friday, 1.10	Pilates	12:15-1:00 PM	Rec Room 1134
Sunday, 1.12	Cycle	4:00-4:45 PM	Piranha Fitness Studio

**Spring 2025 Regular Movement Schedule begins Jan. 13th**



**LIVING WELL**  
AT TEXAS A&M