

Living Well August 2025 Interim Movement Schedule

August 6-24, 2025

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

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

Date	Time	Class	Location
Wednesday, 8.6	9:00-9:45 a.m.	Pilates	Southside Rec Center
	12:15-1:00 p.m.	HIT the Dance Floor	Southside Rec Center
	4:15-5:00 p.m.	Party at the Barre	Southside Rec Center
Thursday, 8.7	7:15-8:00 a.m.	Pilates	Southside Rec Center
	12:15-1:00 p.m.	Human Reformer	Southside Rec Center
	4:15-5:00 p.m.	Cardio Dance	Southside Rec Center
	4:45-5:30 p.m.	Mega Weights	Piranha Fitness Studio
Friday, 8.8	12:15-1:00 p.m.	Cardio Water	Rec Outdoor Pool
	12:15-1:00 p.m.	Party at the Barre	Southside Rec Center
Sunday, 8.10	4:00-4:45 p.m.	Cycle	Piranha Fitness Studio
Monday, 8.11	9:00-9:45 a.m.	Pilates	Southside Rec Center
	12:15-1:00 p.m.	Rec Yoga	Southside Rec Center
	12:15-1:00 p.m.	Cardio Water	Rec Outdoor Pool
	4:45-5:30 p.m.	Cycle	Piranha Fitness Studio
	5:30-6:15p.m.	Club Dance	Southside Rec Center
Tuesday, 8.12	12:15-1:00 p.m.	Party at the Barre	Southside Rec Center
	4:15-5:00 p.m.	Pilates	Southside Rec Center
	4:45-5:30 p.m.	Cycle	Piranha Fitness Studio
	5:30-6:15p.m.	HIT the Dance Floor	Southside Rec Center
Wednesday, 8.13	9:00-9:45 a.m.	HIIT 30	Southside Rec Center
	12:15-1:00 p.m.	HIT the Dance Floor	Southside Rec Center
	12:15-1:00 p.m.	Cardio Water	Rec Outdoor Pool
	5:30-6:30 p.m.	Human Reformer	Southside Rec Center
Thursday, 8.14	12:15-1:00 p.m.	Cardio Dance	Southside Rec Center
	4:15-5:00 p.m.	Rec Yoga	Southside Rec Center
	4:45-5:30 p.m.	Mega Weights	Piranha Fitness Studio
	5:30-6:15 p.m.	Party at the Barre	Southside Rec Center

Date	Time	Class	Location
Friday, 8.15	12:15-1:00 p.m.	Cardio Water	Rec Outdoor Pool
	12:15-1:00 p.m.	Party at the Barre	Southside Rec Center
Sunday, 8.17	4:00-4:45 p.m.	Cycle	Piranha Fitness Studio
Monday, 8.18	12:15-1:00 p.m.	Cardio Water	Rec Outdoor Pool
	12:15-1:00 p.m.	Rec Yoga	Rec Center 301
	4:15-5:00 p.m.	Step & Sculpt	Rec Center 301
	4:45-5:30 p.m.	Cycle	Piranha Fitness Studio
Tuesday, 8.19	12:15-1:00 p.m.	Pilates	Rec Center 301
	4:15-5:00 p.m.	Step & Sculpt	Rec Center 301
	4:45-5:30 p.m.	Cycle	Piranha Fitness Studio
Wednesday, 8.20	12:15-1:00 p.m.	Human Reformer	Rec Center 303
	12:15-1:00 p.m.	Cardio Water	Rec Outdoor Pool
	4:15-5:00 p.m.	Cycle Express	Rec Center 302
Thursday, 8.21	4:45-5:30 p.m.	Mega Weights	Piranha Fitness Studio
Friday, 8.22	No classes; visit youtube.com/@livingwelltamu for recorded classes		
Sunday, 8.24	4:00-4:45 p.m.	Cycle	Piranha Fitness Studio
Fall 2025 Regular Movement Schedule begins August 25			