

GROUP EXERCISE SCHEDULE SPRING 2025



















CLASSES NOW OPEN TO EVERYONE

BRING YOUR TXST ID!

WORKOUT | SWEAT | CONNECT

*SCHEDULE SUBJECT TO CHANGE

KEY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TONING EXPRESS 5:30PM-6:00PM  MPR-D	AB ATTACK 5:30PM-6:00PM  MPR-D	TONING EXPRESS 5:30PM-6:00PM  MPR-D	ROLL & RESTORE 7:00PM-7:30PM  MPR-C	FRIYAY CYCLE! 10:00AM-10:45AM  MPR-A
ZUMBA 6:15PM-6:45PM  MPR-C	TOTAL BODY CIRCUIT 6:15PM-6:45PM  MPR-B	CYCLE 6 PACK 6:15PM-7:00PM  MPR-A	AB ATTACK 5:30PM-6:00PM  MPR-D	SATURDAY NO CLASSES TAKE A REST
CYCLE POWER 30 6:15PM-6:45PM  MPR-A	CYCLE 45 6:15PM-7:00PM  MPR-A	ROLL & RESTORE 7:00PM-7:30PM  MPR-C	TOTAL BODY CIRCUIT 6:15PM-6:45PM  MPR-B	SUNDAY RESTORATIVE YOGA 6:00PM-7:00PM  MPR-C
	DANCE REMIXED 6:30PM-7:15PM  MPR-C		CYCLE POWER 30 6:15PM-6:45PM  MPR-A	
	REC YOGA 7:30PM-8:30PM  MPR-C		DANCE CHOREO 6:30PM-7:15PM  MPR-C	

DANCE 

CYCLE 

STRENGTH 

MIND/BODY 

HIIT/INTERVAL 



SCAN FOR MORE INFORMATION