

GROUPX SCHEDULE

TXST CAMPUS RECREATION

FALL 2025

FREE FOR ALL STUDENTS AND MEMBERS!

ICON KEY

DANCE

CYCLE

STRENGTH

MIND / BODY

HIIT / INTERVAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<div>Power-Up Pilates 7:15-7:45am MPR-C</div>	<div>Sunrise Yoga 7:00-7:45am MPR-C</div>	<div>Power-Up Pilates 7:15-7:45am MPR-C</div>	<div>Sunrise Yoga 7:00-7:45am MPR-C</div>
	<div>Noon Circuit 12:00-12:30pm FUNCTIONAL ROOM</div>		<div>Noon Ride 12:00-12:30pm MPR-A</div>
		<div>Active Stretch 4:15-4:45 MPR-C</div>	
<div>Total Body Toning 5:30-6:00pm MPR-D</div>	<div>Core Power 5:30-6:00pm MPR-C</div>	<div>Total Body Toning 5:30-6:00pm MPR-D</div>	<div>Core Power 5:30-6:00pm MPR-C</div>
<div>Power Ride 5:30-6:00pm MPR-A</div>	<div>Rhythm Ride 5:30-6:00pm MPR-A</div>	<div>Power Ride 5:30-6:00pm MPR-A</div>	
<div>Pilates EXPRESS 6:15-6:45pm MPR-C</div>	<div>Roll & Recover 6:15-6:45pm MAT ROOM</div>	<div>Pilates EXPRESS 6:15-6:45pm MPR-C</div>	<div>Roll & Recover 6:15-6:45pm MAT ROOM</div>
<div>Bobcat Circuit 6:15-6:45pm FUNCTIONAL ROOM</div>		<div>Bobcat Circuit 6:15-6:45pm FUNCTIONAL ROOM</div>	
<div>RIDE 45 7:00-7:45pm MPR-A</div>	<div>Core Ride 7:00-7:45pm MPR-A</div>	<div>RIDE 45 7:00-7:45pm MPR-A</div>	<div>Core Ride 7:00-7:45pm MPR-A</div>
<div>Zumba EXPRESS 7:00-7:30pm MPR-C</div>	<div>Dance Cardio Party 7:00-7:45pm MPR-C</div>	<div>Zumba 7:00-7:45pm MPR-C</div>	<div>Dance CHOREO 7:00-7:45pm MPR-C</div>
<div>Yoga Flow 7:45-8:45pm MPR-C</div>			
			FRIDAY
			<div>Fri-YAY! Ride 10:00-10:45am MPR-A</div>

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