## GROUPX SCHEDULE

## TXST CAMPUS RECREATION

## FREE FOR ALL STUDENTS AND MEMBERS!

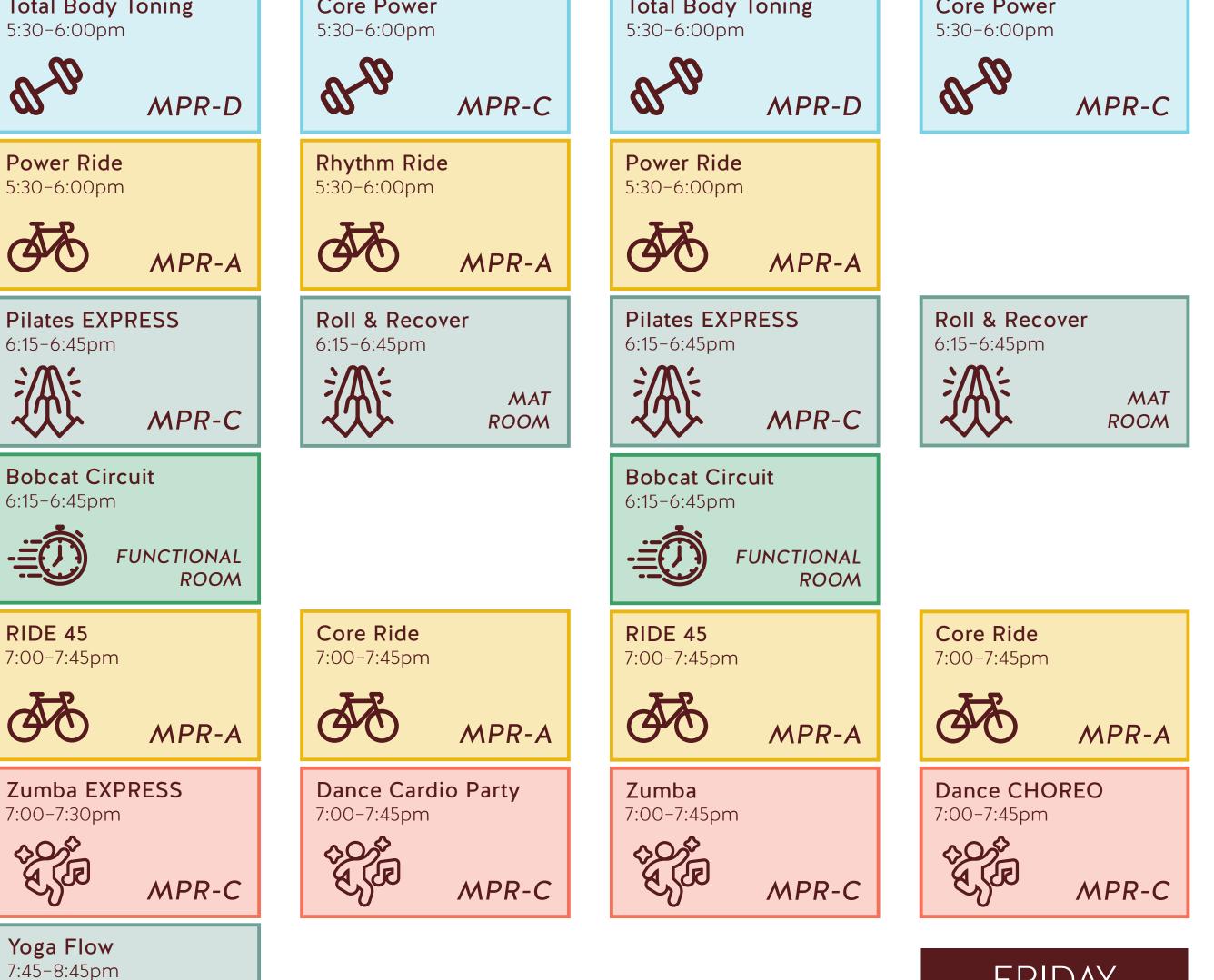
ICON KEY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY
DANCE	+ 0, + A, 5 eP	Power-Up Pilates 7:15-7:45am	Sunrise Yoga 7:00-7:45am	Power-Up Pilates 7:15-7:45am	Sunrise Yoga 7:00-7:45am
CYCLE	A D		Noon Circuit 12:00–12:30pm		<b>Noon Ride</b> 12:00–12:30pm
STRENGTH	ብ-ው		FUNCTIONAL ROOM		MPR-
MIND / BODY				Active Stretch 4:15-4:45	
HIIT / INTERVAL		Total Body Toning	Core Power	Total Body Toning	Core Power

MPR-C



DOWNLOAD OUR APP TO RECEIVE NOTIFICATIONS FOR SCHEDULE UPDATES **AND CHANGES** 







Fri-YAY! Ride

10:00-10:45am

FRIDAY

FALL 2025



