

TIGERX

SPRING 2021 SCHEDULE

JAN. 19 - MAY 13

Classes are available at no charge to all Rec Fee paying students and MizzouRec members.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
6:15 AM SUNRISE CYCLE TL	6:15 AM SUNRISE CYCLE TL	6:15 AM SUNRISE YOGA V	6:15 AM SUNRISE CYCLE TL	8 AM CYCLING TL	
7:30 AM REFORMER PILATES C	9 AM PUMP V	6:15 AM SUNRISE CYCLE TL	9 AM PUMP V	10 AM DANCE CONDITIONING V	
10 AM TRIPLE THREAT V	10 AM HIIT V	9 AM ABS & GLUTES V	10 AM HIIT V	10 AM REFORMER PILATES C	
12 PM CYCLING TL	11 AM CYCLING TL	10 AM TRIPLE THREAT V	11 AM CYCLING TL	11 AM PUMP V	
1 PM POWER YOGA V	3 PM BALLET BOOT CAMP V	1 PM PUMP V	3 PM BALLET BOOT CAMP V	11:15 PM STRESS REDUCTION YOGA V	
2 PM VINYASA FLOW YOGA V	4 PM FUNCTIONAL FITNESS V	2 PM CYCLING TL	4 PM PUMP V	12 PM DANCE FITNESS V	
4 PM PUMP V	4 PM REFORMER PILATES C	3 PM CYCLING TL	4 PM MEDITATIVE YOGA V	12 PM REFORMER PILATES C	
4 PM BALLET BOOT CAMP V	4 PM CYCLING TL	4 PM PUMP V	4 PM CYCLING TL	3 PM CYCLING TL	
4 PM CYCLING TL	5 PM TURBO KICK® V	4 PM REFORMER PILATES C	5 PM ZUMBA® V	4 PM CYCLING TL	
5 PM ZUMBA® V	5 PM CYCLING TL	4 PM CYCLING TL	5 PM MAT PILATES V	5 PM CYCLING TL	
5 PM CYCLING TL	6 PM DANCE FITNESS V	5 PM ZUMBA® V	5 PM CYCLING TL	6 PM HIIT V	
6 PM HIIT V	6 PM MEDITATIVE YOGA V	5 PM MAT PILATES V	6 PM DANCE CONDITIONING V	6 PM MEDITATIVE YOGA V	
6 PM MEDITATIVE YOGA V	6 PM CYCLING TL	5 PM CYCLING TL	6 PM POWER YOGA V	6 PM CYCLING TL	
6 PM CYCLING TL	7 PM ABS & ARMS V	6 PM AS SEEN ON SCREEN V	6 PM CYCLING TL	7 PM ABS & GLUTES V	
7 PM ABS & GLUTES V	7 PM TIGER TEASE V	6 PM STRESS REDUCTION YOGA V	6:30 PM REFORMER PILATES C	7 PM BALLET V	
7 PM BALLET V	7 PM REFORMER PILATES C	6 PM CYCLING TL	7 PM HIIT V	7 PM TIGER TEASE V	
8 PM AS SEEN ON SCREEN V	8 PM DANCE CONDITIONING V	6:30 PM REFORMER PILATES C	7 PM BALLET V	8 PM STRESS REDUCTION YOGA V	
8 PM STRESS REDUCTION YOGA V	8 PM MAT PILATES V	7 PM HIIT V	8 PM POWER YOGA V		
		7 PM BALLET V		SATURDAY	
		8 PM POWER YOGA V		10:30 AM ZUMBA® V	
				10:30 AM STRESS REDUCTION YOGA V	
				10:30 AM CYCLING TL	
				11:30 AM REFORMER PILATES C	
				11:30 AM CYCLING TL	
				2 PM CYCLING TL	
				SUNDAY	
				12:30 PM REFORMER PILATES C	
				2 PM CYCLING TL	
				3 PM CYCLING TL	
				4 PM HIP HOP V	
				4 PM CYCLING TL	
				5 PM CONTEMPORARY DANCE V	
				6 PM BALLET V	
				7 PM POWER YOGA V	
				7 PM REFORMER PILATES C	
				7 PM CYCLING TL	

KEY [V]:: VIRTUAL [C]:: STUDIO C [TL]:: TIGER LAIR

IMPORTANT | NO CLASSES SPRING BREAK: 3/26-4/4 | FINALS WEEK: 5/6-15 | Reservations are required for ALL TigerX Classes.
Reservations can be made no more than 24 hours in advance using the [MizzouRec app](#) or online at [services.mizzourec.com](#).