

TIGERX

FALLSCHEDULE
AUGUST 19 - DECEMBER 12, 2013

\$53 FALL SEMESTER MEMBERSHIP

\$9 ONE-CLASS PASS

*Prices do not include applicable sales tax

MONDAY

8:45-9:30A	ADV. REFORMER	B
10-10:50A	ABS & GLUTES	A
10-10:50A	REFORMER PILATES	B
11-11:50A	RELAX & RESTORE	C
11:15-11:45A	PUMP XPRESS	A
12-12:45P	TIGER XTREME	A
1-1:50P	POWER YOGA	C
3-3:50P	KNOCKOUT	A
3-3:50P	MAT PILATES	C
4:30-5:20P	ADV. CYCLING	TL
4:30-5:20P	ZUMBA	A
4:30-5:20P	VINYASA YOGA LEVEL 1	C
5:30-6:20P	INT. CYCLING	TL
5:30-6:20P	PUMP	A
5:30-6:20P	ADV. REFORMER	B
5:30-6:20P	VINYASA YOGA LEVEL 2	C
6:30-7:20P	ADV. CYCLING	TL
6:30-7P	UPPER LEVEL	A
6:30-7P	H.I.I.T. STREET	C
7:15-8:05P	TURBO KICK	A
7:15-8:05P	ADV. MAT PILATES	C
7:30-8:20P	ADV. CYCLING	TL
8:15-9:05P	CARDIO DANCE	A
8:15-9:05P	POWER & PEACE YOGA	C

TUESDAY

6:15-7:15A	SUNRISE CYCLE	TL
6:15-7:15A	SUNRISE YOGA	C
10-10:50A	REFORMER PILATES	B
10-10:50A	MEDITATIVE YOGA	C
11-11:30A	ABS & GLUTES XPRESS	A
12-12:50P	MAT PILATES	C
3-3:50P	CARDIO XTRAIN	A
3-3:50P	POWER YOGA	C
4-4:50P	BALLET BOOTCAMP	A
4-4:50P	REFORMER PILATES	B
4-4:50P	ADV. MAT PILATES	C
5-5:50P	ADV. CYCLING	TL
5-5:50P	POWER	A
5-5:50P	ABS & GLUTES	C
6-6:50P	INT. CYCLING	TL
6-6:50P	ZUMBA	A
6-6:50P	ADV. REFORMER	B
6-6:50P	PILATES PLUS	C
7-7:50P	ADV. CYCLING	TL
7-7:50P	TURBO KICK	A
7-7:50P	TIGER TEASE	C

WEDNESDAY

6:30-7:20A	SUNRISE YOGA	C
8:45-9:30A	REFORMER PILATES	B
10-10:50A	ABS & GLUTES	A
11-11:50A	RELAX & RESTORE	C
11:15-11:45A	PUMP XPRESS	A
12-12:50P	INT. CYCLING	TL
12-12:45P	TIGER XTREME	A
1-1:50P	POWER YOGA	C
3-3:50P	KNOCKOUT	A
3-3:50P	MAT PILATES	C
4-4:50P	REFORMER PILATES	B
4:30-5:20P	ADV. CYCLING	TL
4:30-5:20P	ZUMBA	A
4:30-5:20P	VINYASA YOGA LEVEL 1	C
5:30-6:20P	INT. CYCLING	TL
5:30-6:20P	PUMP	A
5:30-6:20P	ADV. REFORMER	B
5:30-6:20P	VINYASA YOGA LEVEL 2	C
6:30-7:20P	ADV. CYCLING	TL
6:30-7P	UPPER LEVEL	A
6:30-7P	H.I.I.T. STREET	C
7:15-8:05P	TURBO KICK	A
7:15-8:05P	ADV. MAT PILATES	C
8:15-9:05P	HIP HOP	A
8:15-9:05P	POWER & PEACE YOGA	C

THURSDAY

6:15-7:15A	SUNRISE CYCLE	TL
10-10:50A	MEDITATIVE YOGA	C
11-11:50A	ADV. CYCLING	TL
11-11:30A	ABS & GLUTES XPRESS	A
12-12:50P	MAT PILATES	C
3-3:50P	CARDIO XTRAIN	A
3-3:50P	POWER YOGA	C
4-4:50P	BALLET BOOTCAMP	A
4-4:50P	ADV. MAT PILATES	C
5-5:50P	ADV. CYCLING	TL
5-5:50PM	POWER	A
5-5:50P	ABS & GLUTES	C
6-6:50P	INT. CYCLING	TL
6-6:50P	ZUMBA	A
6-6:50P	ADV. REFORMER	B
6-6:50P	PILATES PLUS	C
7-7:50P	ADV. CYCLING	TL
7-7:50P	TURBO KICK	A
7-7:50P	HIP HOP	C

FRIDAY

11-11:50A	ABS & GLUTES	A
11-11:50A	FRIDAY FLOW	C
11:30A-12:20P	INT. CYCLING	TL
12-12:50P	ADV. REFORMER	B
1-1:50P	POWER YOGA	C
3-3:50P	KNOCKOUT	A
4:30-5:20P	ADV. CYCLING	TL
4:30-5:15P	TIGER XTREME	A
4:30-5:20P	REFORMER PILATES	B
4:30-5:20P	MAT PILATES	C
5:30-6:20P	ZUMBA	A
5:30-6:45P	VINYASA YOGA ALL LEVELS	C

SATURDAY

10:15-11:15A	PUMP (XTENDED)	A
10:30-11:20A	MAT PILATES	C
11:30-12:20P	ZUMBA	A
11:30-12:20P	POWER YOGA	C

SUNDAY

12:30-1:20P	MAT PILATES	C
4-4:50P	ABS AND GLUTES	A
5-5:50P	TURBO KICK	A
6-6:50P	ADVANCED CYCLING	TL
6-6:50P	CARDIO DANCE	A
7-7:50P	POWER	A
7-8:15P	POWER YOGA	C

STUDIO KEY: [A] :: STUDIO A [B] :: STUDIO B [C] :: STUDIO C [TL] :: TIGER LAIR [TG] :: TIGER GROTTO

IMPORTANT DATES

Aug. 19-25 // Free Week
 Aug. 31-Sept. 2 // Labor Day Weekend (no classes)
 Sept. 8-Nov. 10 // LeisureU: Group Fitness Instructor Training Course*
 Sept. 8-Oct. 27 // LeisureU: Yoga Instructor Training Course*
 Nov. 22-Dec. 1 // Thanksgiving Recess (no classes)
 Dec. 6-12 // Finals Week (limited schedule)
*Extra fee required, sign up in zouLIFE

FOR CLASS DESCRIPTIONS AND OTHER INFORMATION, PLEASE VISIT



www.mizzourec.com

OR FOLLOW US ON FACEBOOK OR TWITTER

ALL CYCLING AND REFORMER CLASSES REQUIRE A RESERVATION.
CLASSES FILL QUICKLY -- CALL EARLY!

CALL 884.6555

ALL CLASSES SUBJECT TO CHANGE/CANCELLATION