

TIGERX GROUP FITNESS

FALL 2021 SCHEDULE

AUG. 23 - DEC. 17

Classes are included at no charge with your student recreation activity & facility fee or MizzouRec membership fee. There will be no classes during Labor Day weekend or Thanksgiving Break, please visit the MizzouRec App or services.mizzourec.com for the adjusted hours during these dates.

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

KEY [A] :: STUDIO A [B] :: STUDIO B [C] :: STUDIO C [TL] :: TIGER LAIR [V] :: VIRTUAL [DW] :: DIVE WELL

IMPORTANT | Please check the MizzouRec app or MizzouRec member portal for the most up-to-date classes | Reservations are required for ALL TigerX Group Fitness classes. Reservations can be made starting 24 hours in advance of class using the [MizzouRec app](http://services.mizzourec.com) or online at services.mizzourec.com.