

# TigerX

## Schedule

SPRING 2024

1/16-5/3



Reservations are required for ALL TigerX Group Fitness classes.

Reservations can be made starting 24 hours before class using the MizzouRec app or online at [services.mizzourec.com](https://services.mizzourec.com).

### Monday

6:15-7:15AM C	SUNRISE YOGA <i>Alayna, Camryn, Hadley</i>
8:30-9:30AM A	DANCE FITNESS <i>Genney, Haille</i>
9-9:50AM TL	CYCLE RHYTHM <i>Kate, Kally</i>
10-10:50AM B	REFORMER PILATES <i>Ava</i>
1-1:50PM TL	CYCLE RHYTHM <i>Zoey</i>
2-2:50PM TL	CYCLE RIDE <i>Tabi</i>
3-3:50PM TL	CYCLE RHYTHM <i>Zoey</i>
3-4PM C	RESTORATIVE YOGA <i>Mallory, Alayna</i>
4:30-5PM A	HIIT <i>Kierstin, Elise</i>
5-5:50PM B	ADV REFORMER PILATES <i>Mirela</i>
5-5:50PM C	MAT PILATES <i>Hannah, Lydia, Tiyana, Palmer</i>
5:30-6:20PM A	DANCE FITNESS <i>Carli, Dylan</i>
6-6:50PM TL	CYCLE RHYTHM <i>Bethany, Ashley</i>
6-6:50PM C	HIP HOP <i>Ava, Drew, Bella</i>
7-7:50PM A	ABS & GLUTES <i>Grace, Anna</i>
8-8:50PM A	AS SEEN ON SCREEN <i>Ava, Brooke, Bella</i>
7-7:50PM TL	CYCLE RIDE <i>Bethany</i>
7-8PM C	VINYASA YOGA <i>Reese, Zoe</i>
8:10-9PM C	STRESS REDUCTION YOGA <i>Reese</i>

### Tuesday

6:15-7:15AM TL	SUNRISE CYCLE <i>Bethany, Ashley</i>
7:30-8:15AM OFS	FUNCTIONAL FITNESS <i>Adam, Sean</i>
9:30-10:20AM C	STRETCH <i>Drew, Brooke</i>
3-3:50PM A	CALIENTE DANCE CARDIO <i>Felicity, Haille</i>
3-4PM C	RESTORATIVE YOGA <i>Kastin</i>
4-4:30PM A	HIIT <i>Aleasia, Carli, Elise</i>
5-5:50PM TL	CYCLE RHYTHM <i>Kate, Hadley</i>
5-5:50PM CG	CARDIO BOXING <i>Brian, Ally</i>
5-5:50PM C	MAT PILATES <i>Hannah, Genney, Allison</i>
5-5:50PM A	PUMP <i>Aleasia, Anna</i>
6-6:50PM C	MEDITATIVE YOGA <i>Alec, Mallory</i>
6-6:50PM B	REFORMER PILATES <i>Mirela, Palmer</i>
6-6:50PM CG	CARDIO BOXING <i>Brian</i>
6:30-7:20PM A	TIGER TEASE <i>Grayson, Ava</i>
7-7:50PM C	POWER PILATES <i>Luca, Lydia</i>
7-7:50PM TL	CYCLE RIDE <i>Caroline, Averyl</i>
7:30-8:20PM A	JAZZ <i>Drew, Brooke</i>
8-8:50PM C	POWER YOGA <i>Alec, Mallory</i>

### Wednesday

6:15-7:15AM C	SUNRISE YOGA <i>Alayna, Hadley</i>
8:30-9:00AM A	DANCE FITNESS XPRESS <i>Haille</i>
8-8:50AM B	BALLET <i>Catie</i>
12:30-1:45PM TL	CYCLE ENDURANCE <i>Zoey</i>
1-1:50PM B	REFORMER PILATES <i>Hannah</i>
2-2:50PM TL	CYCLE RIDE <i>Tabi</i>
3-3:50 TL	CYCLE RHYTHM <i>Zoey, Hadley</i>
4-4:50PM TL	CYCLE RIDE <i>Rachel</i>
4-4:50PM B	REFORMER PILATES <i>Ava</i>
4-4:50PM C	VINYASA YOGA <i>Ally</i>
5-5:50PM C	MAT PILATES <i>Ava, Genney, Allison</i>
5-5:50PM TL	CYCLE RHYTHM <i>Kate, Kally</i>
5-5:50PM B	ADV REORMER PILATES <i>Lydia, Palmer</i>
5:30-6:20PM A	DANCE FITNESS <i>Felicity, Dylan, Genney</i>
6-6:50PM C	CONTEMPORARY <i>Catie, Grayson, Bella</i>
6-6:50PM OFS	FUNCTIONAL FITNESS <i>Anna, Grace</i>
7-7:50PM CG	CARDIO BOXING <i>Alec</i>
7-7:50PM C	MAT PILATES <i>Mirela, Tiyana</i>
7-7:50PM TL	CYCLE RHYTHM <i>Kathryn, Ashley</i>
7-7:50PM B	BALLET <i>Catie, Bella</i>
8-9:15PM TL	CYCLE ENDURANCE <i>Kathryn, Averyl</i>

### Thursday

6:15-7:15AM TL	SUNRISE CYCLE <i>Rachel</i>
8-8:50AM C	STRETCH <i>Catie, Olivia</i>
9-9:50AM TL	CYCLE RIDE <i>Cassie, McKenna</i>
10-10:50AM TL	CYCLE RHYTHM <i>Cassie, McKenna</i>
11-11:50AM B	REFORMER PILATES <i>Luca</i>
1-1:30PM A	HIIT <i>Kierstin, Ally</i>
2-2:50PM C	MAT PILATES <i>Mirela, Tiyana</i>
3-3:50PM A	DANCE FITNESS <i>Haille, Felicity</i>
3:30-4:30PM C	VINYASA YOGA <i>Kastin, Zoe</i>
4-4:50PM A	ABS & GLUTES <i>Aleasia, Kierstin, Elise</i>
5-5:50PM CG	CARDIO BOXING <i>Brian, Adam</i>
5-6PM A	TRIPLE THREAT <i>Grace, Aleasia</i>
5-5:50PM C	POWER YOGA <i>Kastin, Mallory</i>
6-6:50PM C	STRESS REDUCTION YOGA <i>Matt, Zoe</i>
6-6:50PM C	CARDIO BOXING <i>Brian</i>
6:30-7:20PM A	CONTEMPORARY DANCE <i>Olivia, Drew, Allie</i>
7-7:50PM C	POWER PILATES <i>Luca, Ava</i>
7-8PM SG/TL	CYCLE & LIFT <i>Grace, Kathryn, Hadley</i>
7:30-8:20PM A	TURBOKICK <i>Carli, Matt, Felicity</i>
8-8:50PM TL	CYCLE RIDE <i>Caroline, Averyl</i>
8:30-9:20PM A	TIGER TEASE <i>Ava, Olivia, Brooke, Allie</i>

### Friday

9-9:50AM TL	CYCLE RIDE <i>Caroline, McKenna</i>
11-11:50AM TL	CYCLE RHYTHM <i>Kate, Kally</i>
12-12:50PM C	STRESS REDUCTION YOGA <i>Alayna, Hadley</i>
1-1:50PM OFS	FUNCTIONAL FITNESS <i>Anna, Elise</i>

### Saturday

NO CLASSES

### Sunday

2-2:50PM TL	CYCLE RIDE <i>Rachel</i>
3-3:50PM C	POWER YOGA <i>Allie, Camryn</i>
4-4:50PM C	MEDITATIVE YOGA <i>Allie, Camryn</i>
4-4:50PM A	DANCE FITNESS <i>Carli, Dylan</i>
5-5:50PM CG	CARDIO BOXING <i>Brian</i>
6-6:50PM CG	CARDIO BOXING <i>Brian</i>
6-6:50PM C	BOLLYWOOD <i>Eesha</i>

KEY: [A]:: Studio A [B]:: Studio B [C]:: Studio C [CB]:: Clarks Boxing Gym [SG]:: Stalcup's Garage [TL]:: Tiger's Lair [OFS]:: Outdoor Fitness Space

[DW]:: Aquatics Dive Well

Cardio or Strength



Cycling



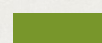
Boxing



Dance



Yoga Pilates



\*Additional fee applies

Please Check the MizzouRec app or MizzouRec member portal for the most up-to-date classes.