TigerX Schedule

FALL 2022

Aug. 22–Dec. 8

Cardio or Strength

Cycling

Boxing

Dance

Yoga or Pilates

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.

MIZZOURec

Monday

6:15–7:15 a.m.	TL	Sunrise Cycling *Katie*
8–8:50 a.m.	TL	Cycling *Katie*
8–8:50 a.m.	C	Vinyasa Yoga *Reese*
9–9:50 a.m.	TL	Cycling *Emily*
9–9:50 a.m.	C	Stress Reduction Yoga *Etai*
10–10:50 a.m.	TL	Cycling *Emily*
10–10:50 a.m.	C	Mat Pilates *Lydia, Shea*
11–11:50 a.m.	TL	Cycling *Sarah Grace*
12–12:50 p.m.	TL	Cycling *Kate*
2–3 p.m.	A	Triple Threat *Kylie*
3:30–4:20 p.m.	TL	Cycling *Tabitha*
3:30–4 p.m.	A	HIIT *Aleasia*
4:30–5:20 p.m.	TL	Cycling *Brigitte*
4:30–5:20 p.m.	A	Pump *Rachel , Aleasia*
5:30–6:20 p.m.	CB	BoxMaster *Charlie*
5:30–6:20 p.m.	TL	Cycling *Caitlin*
5:30–6:20 p.m.	C	Mat Pilates *Luca, Mirella*
5:30–6:20 p.m.	A	Zumba *Rachel , Charlotte, Genney*
6:30–7:20 p.m.	CB	BoxMaster *Charlie*
6:30–7:20 p.m.	TL	Cycling *Grace*
6:30–7:20 p.m.	C	Tiger Tease *Olivia*
6:30–7 p.m.	A	Turbo 30 *Matt*
7:30–8:20 p.m.	TL	Cycling *Morgan, Jaida*
7:30–8:20 p.m.	A	Contemporary *Olivia*
7:30–8:20 p.m.	C	Stress Reduction Yoga *Emily*

Tuesday

6:15–7:15 a.m.	TL	Sunrise Cycling *Tabitha*
6:15–7:15 a.m.	C	Sunrise Yoga *Emily*
8–8:50 a.m.	TL	Cycling *Maddy*
9–9:50 a.m.	TL	Cycling *Maddy*
10–10:50 a.m.	TL	Cycling *Tabitha*
2:15–3 p.m.	TL	Cycling *Grace*
4–4:50 p.m.	TL	Cycling *Brigitte*
4–4:50 p.m.	C	Stress Reduction Yoga *Aubrey*
4–4:50 p.m.	A	Zumba *Rachel , Charlotte, Haille*
5–5:50 p.m.	A	Abs & Glutes *Aleasia, Rachel, Claire*
5–6 p.m.	B	Ballet PRO* *Catie*
5–5:50 p.m.	CB	BoxMaster *Charlie*
5–5:50 p.m.	TL	Cycling *Katie*
5–5:50 p.m.	C	Mat Pilates *Luca, Shea, Mirella*
6–6:50 p.m.	A	Barbell Strength *Aleasia, Claire*
6–6:50 p.m.	CB	BoxMaster *Charlie*
6–6:50 p.m.	C	Contemporary *Grayson, Catie*
6–6:50 p.m.	TL	Cycling *Katie K, Lauren*
6–6:50 p.m.	B	Pilates PRO* *Luca, Lydia, Jane*
7–7:50 p.m.	CB	BoxMaster PRO* *Brian*
7–7:50 p.m.	TL	Cycling *Morgan*
7–7:30 p.m.	A	HIIT *Erin*
7–7:50 p.m.	C	Power Yoga *Allie, Emily*
8–8:50 p.m.	CB	BoxMaster *Brian*
8–8:50 p.m.	C	Stress Reduction Yoga *Zoe, Allie*

Wednesday

6:15–7:15 a.m.	TL	Sunrise Cycling *Katie*
8–8:50 a.m.	TL	Cycling *Cassie*
9–9:50 a.m.	TL	Cycling *Cassie*
10–10:50 a.m.	TL	Cycling *Kathryn*
11–11:50 a.m.	TL	Cycling *Kathryn*
12–12:50 p.m.	TL	Cycling *Sarah Grace*
12:30–1:15 p.m.	B	Reformer Pilates *Lydia, Mirella*
1–1:50 p.m.	TL	Cycling *Grace*
2–2:50 p.m.	TL	Cycling *Maddy, Ali*
3:30–4 p.m.	A	Abs & Arms (Xpress) *Kylie, Quiana*
4–4:50 p.m.	TL	Cycling *Kate*
4–4:45 p.m.	SG	Functional Fitness *Claire*
4:30–5:20 p.m.	C	Dance Fitness *Quiana, Haille, Charlotte*
4:30–5 p.m.	A	HIIT *Aleasia, Kylie*
5–5:50 p.m.	CB	BoxMaster *Charlie*
5:30–6:15 p.m.	TL	Cycling *Morgan*
5:30–6:30 p.m.	A	Triple Threat *Aleasia, Claire*
6:30–7:15 p.m.	TL	Cycling *Brigette, Jaida*
6–6:50 p.m.	CB	BoxMaster *Charlie*
6:30–7:15 p.m.	C	Power Yoga *Emily, Aubrey, Allie*
7–7:50 p.m.	A	Hip Hop *Olivia*
7:30–8:15 p.m.	C	Tiger Tease *Sydnie, Sophia*
8–8:50 p.m.	DW	SUP Yoga *Aubrey, Etai*
8:30–9:15 p.m.	A	ASOS *Olivia, Sydnie*

Thursday

6:15–7:15 a.m.	TL	Sunrise Cycling *Katie, Lauren*
6:15–7:15 a.m.	C	Sunrise Yoga *Etai*
8–8:50 a.m.	TL	Cycling *Maddy*
9–9:50 a.m.	TL	Cycling *Tabitha*
10–10:50 a.m.	TL	Cycling *Maddy*
12–12:50 a.m.	TL	Cycling *Katie*
1–1:50 p.m.	TL	Cycling *Katie*
2:15–3 p.m.	TL	Cycling *Grace*
3–3:45 p.m.	C	Stress Reduction Yoga *Zoe, Aubrey*
4–4:30 p.m.	A	Abs & Arms (Xpress) *Quiana, Aleasia*
4–4:50 p.m.	CB	BoxMaster *Charlie*
4–4:50 p.m.	TL	Cycling *Brigitte, Jaida*
4–4:50 p.m.	C	Jazz *Catie*
5–6 p.m.	B	Ballet PRO* *Catie*
5–5:45 p.m.	CB	BoxMaster *Charlie*
5–5:45 p.m.	TL	Cycling *Caitlin, Ali*
5–5:45 p.m.	A	Turbo Kick *Quiana, Matt, Carli*
6–6:45 p.m.	CB	BoxMaster *Brian*
6–6:45 p.m.	TL	Cycling *Caitlin*
6–6:45 p.m.	C	Power Yoga *Emily*
6–6:45 p.m.	A	Pump *Kylie, Erin*
7–7:45 p.m.	CB	BoxMaster PRO* *Brian*
7–7:45 p.m.	A	Dance Fitness *Carli, Genney*
7–7:45 p.m.	B	Reformer Pilates *Luca, Jane*
7–7:50 p.m.	C	Stress Reduction Yoga *Matt*

Friday

6:15–7:15 a.m.	TL	Sunrise Cycling *katie*
8–8:50 a.m.	B	Ballet *Grayson, Catie*
8–8:50 a.m.	TL	Cycling *Emily*
8–8:50 a.m.	C	Stress Reduction Yoga *Reese*
9–9:50 a.m.	TL	Cycling *Emily*
9–9:50 a.m.	C	Vinyasa Yoga *Reese, Zoe*
10–10:50 a.m.	TL	Cycling *Kathryn, Lauren*
11–11:50 a.m.	TL	Cycling *Cassie*
11–11:50 a.m.	B	Reformer Pilates *Lydia, Shea*
11:45 a.m.–12:30 p.m.	CB	BoxMaster *Charlie*
12–12:50 p.m.	TL	Cycling *Cassie*
12–12:45 p.m.	SG	Functional Fitness *Erin*
12:45–1:30 p.m.	CB	BoxMaster *Charlie*
1–1:50 p.m.	TL	Cycling *Kate*
1–2 p.m.	A	Triple Threat *Kylie*
2–2:50 p.m.	TL	Cycling *Sarah Grace*
5:30–6:15 p.m.	B	Reformer Pilates *Luca*

Saturday

12–12:45 p.m.	SG	Functional Fitness *Erin*

Sunday

12:15–1 p.m.	TL	Cycling *Sarah Grace*
1:15–2 p.m.	TL	Cycling *Sarah Grace*
4–4:50 p.m.	TL	Cycling *Maddy, Ali*
5–5:50 p.m.	A	Dance Fitness *Genney, Carli*
6–6:50p.m.	C	Bollywood *Eesha*
6–6:50 p.m.	CB	BoxMaster *Brian*
7–7:50 p.m.	CB	BoxMaster *Brian*
7–7:50 p.m.	A	Contemporary *Sydnie, Sophia*
7–7:45 p.m.	TL	Cycling *Brigitte*
7–7:50 p.m.	C	Meditative yoga *Aubrey*
8–8:50 p.m.	A	Jazz *Sydnie, Sophia*

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

Cardio or Strength · Cycling · Boxing · Dance · Yoga or Pilates · * Additional fee applies

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