

Passes are required for:
AMPED, Barre, Cycle, TRX, & Kickboxing

Passes are **distributed** 15 minutes **before** class time



Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6:30 a.m. – 7:15 a.m. Cardio Strength Maura		6:30 a.m. – 7:15 a.m. Cardio Strength Maura			
	7:00 a.m. – 7:45 a.m. Strength Alana	7:00 a.m. – 7:45 a.m. Aqua Pump Alana A	7:00 a.m. – 7:45 a.m. Strength Julie		
12:00 p.m. – 1:00 p.m. Power Surge Holly	12:00 p.m. – 1:00 p.m. Yoga Caylee	12:00 p.m. – 1:00 p.m. Cardio Strength Julie	12:00 p.m. – 1:00 p.m. Yoga Caylee	12:00 p.m. – 1:00 p.m. Power Surge Holly	
	4:00 p.m. – 4:45 p.m. Zumba Ashley		4:00 p.m. – 4:45 p.m. Zumba Joy		4:00 p.m. – 5:00 p.m. Yoga Kate
5:00 p.m. – 5:45 p.m. Zumba Ashley	5:00 p.m. – 5:45 p.m. TRX Taylor V. T	5:00 p.m. – 5:45 p.m. TRX Alana/Julie T			

T= TRX Studio
A= Pool

Mind/Body

Cardio

Toning

Dance



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