



# SUMMER 2024 FITNESS SCHEDULE



## MONDAY

**F45**  
7:15-8:00 AM

**F45**  
12:15-1:00 PM

**Power Yoga**  
4:00-4:45 PM

**F45**  
4:15-5:00 PM

**F45**  
5:30-6:15 PM

## TUESDAY

**F45**  
7:15-8:00 AM

**F45**  
12:15-1:00 PM

**Hip Hop Cardio**  
4:00-4:45 PM

**F45**  
4:15-5:00 PM

**F45**  
5:30-6:15 PM

**Bear Cycle**  
5:30-6:15 PM

## WEDNESDAY

**F45**  
7:15-8:00 AM

**F45**  
12:15-1:00 PM

**Bear Cycle**  
12:15- 1:00 PM

**Power Yoga**  
4:00-4:45 PM

**F45**  
4:15-5:00 PM

**F45**  
5:30-6:15 PM

## THURSDAY

**F45**  
7:15-8:00 AM

**F45**  
12:15-1:00 PM

**F45**  
4:15-5:00 PM

**F45**  
5:30-6:15 PM

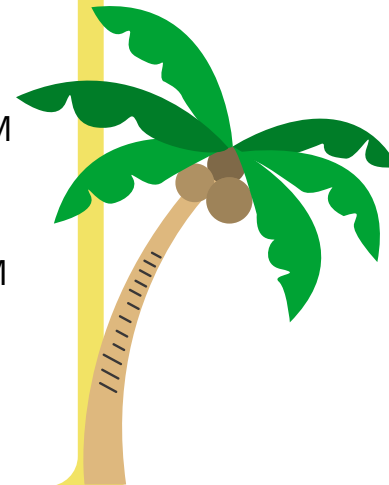
**Bear Cycle**  
5:30-6:15 PM

## FRIDAY

**F45**  
7:15-8:00 AM

**F45**  
12:15-1:00 PM

**F45**  
4:15-5:00 PM



Fitness classes are subject to change based on instructor availability, facility needs or other events. When possible, attendees will be contacted in case of cancellation. Check the Campus Rec app and @BaylorFitwell for updates.

**SCAN for  
FITPASS**