



SUMMER 2018 SCHEDULE

JUNE 4-JULY 27

SUMMER MEMBERSHIP **\$33**

PURCHASE TODAY
in zouLIFE

mizzourec.com/myspot

You can now reserve your spot in all TigerX classes using the MizzouRec More App or online at MizzouRec.com/myspot. *Class entry priority will be given to members who have reserved a spot.* After that, it's first come, first served. All you need is your Mizzou ID and an active TigerX membership or one class pass.

NO CLASSES WEDNESDAY, JULY 4

MONDAY

6:15 AM-7:15 AM	SUNRISE YOGA	C
3 PM-3:50 PM	CYCLE	TL
4:30 PM-5:20 PM	REFORMER PILATES	B
5 PM-5:50 PM	CYCLE	TL
6 PM-6:50 PM	PUMP	A
6 PM-6:50 PM	POWER YOGA	C

TUESDAY

4:30 PM-5:20 PM	MAT PILATES	C
5 PM-5:50 PM	TURBO KICK®	A
5 PM-5:50 PM	CYCLE	TL
6 PM-6:50 PM	STRESS REDUCTION YOGA	C

WEDNESDAY

3 PM-3:50 PM	CYCLE	TL
5 PM-5:50 PM	PUMP	A
5 PM-5:50 PM	CYCLE	TL
6 PM-6:50 PM	POWER YOGA	C

THURSDAY

4:30 PM-5:20 PM	MAT PILATES	C
5 PM-5:50 PM	PUMP	A
5 PM-5:50 PM	CYCLE	TL
6 PM-6:50 PM	TURBO KICK®	A
6 PM-6:50 PM	STRESS REDUCTION YOGA	C

FRIDAY

3 PM-3:50 PM	STRESS REDUCTION YOGA	C
3 PM-3:50 PM	CYCLE	TL

STUDIO KEY

[A]: STUDIO A

[B]: STUDIO B

[C]: STUDIO C

[TL]: TIGER LAIR