

**2025 SPRING FIT & F45 Schedule**

*January 13 - May 9, 2025*

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
FIT	F45	FIT CLASSES		F45	FIT CLASSES	F45	FIT CLASSES	F45	FIT CLASSES	F45	FIT CLASSES	FIT	F45
				F45 6:10-6:55 am F45 Studio			F45 6:10-6:55 am F45 Studio			F45 6:10-6:55 am F45 Studio			F45 6:10-6:55 am F45 Studio
				F45 7:00-7:45 am F45 Studio	Gentle Yoga 7:00-7:45 am Pool		F45 7:00-7:45 am F45 Studio			F45 7:00-7:45 am F45 Studio			F45 7:00-7:45 am F45 Studio
		Yoga @ Museum 8:30-9:25 am Sam Noble Museum		F45 8:00-8:45 am F45 Studio			F45 8:00-8:45 am F45 Studio			F45 8:00-8:45 am F45 Studio			F45 8:00-8:45 am F45 Studio
				F45 9:00-9:45 am F45 Studio			F45 9:00-9:45 am F45 Studio			F45 9:00-9:45 am F45 Studio			F45 9:00-9:45 am F45 Studio
				F45 11:00-11:45 am F45 Studio			F45 11:00-11:45 am F45 Studio			F45 11:00-11:45 am F45 Studio			F45 11:00-11:45 am F45 Studio
				F45 12:05-12:50 pm F45 Studio	POUND® Noon-12:45 pm FIT Studio		F45 12:05-12:50 pm F45 Studio			F45 12:05-12:50 pm F45 Studio			F45 12:05-12:50 pm F45 Studio
			Strength 12:15-1:00 pm FIT Studio				Strength 12:15-1:00 pm FIT Studio						
	F45 3:00-3:45 pm F45 Studio						F45 2:00-2:45 pm F45 Studio						F45 2:00-2:45 pm F45 Studio
Pilates 4-4:45 pm FIT Studio	F45 4:00-4:45 pm F45 Studio	Kickboxing 101 4:45-5:15 pm FIT Studio			Fitness Yoga 4:30-5:20 pm FIT Studio			Kickboxing 101 4:45-5:15 pm FIT Studio		Restorative Yoga 4:30-5:20 pm FIT Studio			
Yoga 5-5:45 pm FIT Studio		Kickboxing/Bags 5:30-6:15 pm FIT Studio		F45 5:30-6:15 pm F45 Studio	Zumba® 5:30-6:15 pm FIT Studio		F45 5:30-6:15 pm F45 Studio	Kickboxing/Bags 5:30-6:15 pm FIT Studio		F45 5:30-6:15 pm F45 Studio			F45 5:30-6:15 pm F45 Studio
		Dance Fitness 6:30-7:15 pm FIT Studio		F45 6:30-7:15 pm F45 Studio	Pilates 6:30-7:15 pm FIT Studio		F45 6:30-7:15 pm F45 Studio	Zumba® 6:30-7:15 pm FIT Studio		F45 6:30-7:15 pm F45 Studio			Pilates 6:30-7:15 pm FIT Studio

The University of Oklahoma is an equal opportunity institution. [www.ou.edu/eoo](http://www.ou.edu/eoo)



💡 - Class uses lighting choreographed to the music to enhance the experience. May not be suited for individuals with light sensitivity or seizure disorder.

\*\*Aqua Zumba will end for the season on September 15, when the outdoor pool closes.\*\*

Please note: FIT and F45 schedules are subject to change.