

2026 SPRING FIT & F45 Schedule

January 20 - May 15, 2026

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

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

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

