### MONDAY
- **7:00 - 7:45 AM** BODYWEIGHT HIIT | EMLEY | INSTAGRAM
- **12:00 - 12:45 PM** HATHA YOGA | ALYSSA | INSTAGRAM

### TUESDAY
- **9:00 - 9:45 AM** MORNING MINDFUL YOGA | DERBY | INSTAGRAM
- **5:30 - 6:15 PM** POWER CIRCUIT | LACEY | INSTAGRAM

### WEDNESDAY
- **12:00 - 12:45 PM** BARRE | AARON | INSTAGRAM
- **5:30 - 6:15 PM** HATHA YOGA | ALYSSA | INSTAGRAM

### THURSDAY
- **7:00 - 7:45 AM** BODYWEIGHT HIIT | EMLEY | INSTAGRAM
- **4:00 - 4:45 PM** HATHA YOGA | AUTUMN | INSTAGRAM

### FRIDAY
- **7:00 - 7:45 AM** POWER CIRCUIT | MELISSA | INSTAGRAM
- **12:00 - 12:45 PM** BARRE | OLIVIA | INSTAGRAM

### SATURDAY
- **10:00 - 10:45 AM** AWAKEN + FLOW YOGA | CHLOE | INSTAGRAM

### SUNDAY
- **10:00 - 10:45 AM** CARDIO CORE | CARA | INSTAGRAM

### IMPORTANT REMINDERS
- **FIND ALL CLASSES ON THE @TULANECAMPUSREC INSTAGRAM LIVE STORY**
- **ALL CLASSES ARE IN CENTRAL STANDARD TIME (CST)**
- **NO EQUIPMENT NEEDED!**

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### STRONGTH
- **AWAKEN + FLOW YOGA**: This class includes an energizing vinyasa-style flow, focused on creating a mind and body connection through intentional movement and breathwork.

### HIGH INTENSITY
- **BODYWEIGHT HIIT**: This class combines both strength and cardiovascular training to give participants a challenging, but rewarding, full-body workout. It incorporates functional resistance training and bodyweight exercises in a high intensity interval training (HIIT) format.
- **CARDIO CORE**: This quick and convenient class gets the heart going with high intensity bursts followed by a period of active recovery. Finish off the workout by honing in on the core, targeting the abdominal muscles to help with balance and stabilization.

### MIND/BODY
- **HATHA YOGA**: This yoga practice is designed to align and calm your body, mind, and spirit. With a slow, but flowing pace, poses will build heat and allow participants to sink deeper into the stretch. All experience levels welcome.
- **MINDFUL MORNING YOGA**: This all-levels class is focused on mindful relaxation & stretching and is designed to rejuvenate and calm your body and mind.
- **POWER CIRCUIT**: A fun and fast-moving class that incorporates full-body strength and cardio exercises into a circuit of 6-15 stations and abilities.