




THANKSGIVING WEEK SCHEDULE

MON 11/20	TUES 11/21	WED 11/22	SUN 11/26
6:15–7:15 a.m. Indoor Cycle RPAC B30	6:30–7:30 a.m. Sunrise Yoga RPAC B134	6:15–7:15 a.m. Indoor Cycle RPAC B30	4–5 p.m. Barre None RPAC B134
9–10 a.m. Circuit Cycle RPAC B30	9–10 a.m. Circuit Cycle RPAC B30	8–9 a.m. TRX® RPAC Track Level	5–6 p.m. Circuit Cycle RPAC B30
11:30 a.m.–12:30 p.m. Yoga NRC 210	11:45 a.m.–12:45 p.m. 30/30 RPAC B30	11:45 a.m.–12:45 p.m. Circuit Cycle RPAC B30	5:30–6:30 p.m. TRX® RPAC Track Level
1–2 p.m. TRX® RPAC Track Level	1:40–2:40 p.m. Cycle+Yoga Power Hour RPAC B30	3–3:45 p.m. Indoor Cycle RPAC B30	5:30–6:30 p.m. Power Yoga RPAC B134
4:20–5:20 p.m. Circuit Cycle RPAC B30	3–3:45 p.m. Indoor Cycle RPAC B30		6:45–7:45 p.m. Full Body Challenge RPAC B30
4:30–5:30 p.m. Shake It! RPAC South Gym	4–5 p.m. Simply Strength RPAC B30		7–8 p.m. Shake It! RPAC B134
4:45–5:45 p.m. Power Yoga RPAC B134	4:30–5:30 p.m. Yoga RPAC B134		
4:45–5:30 p.m. Indoor Cycle NRC 310	5:20–6:20 p.m. Circuit Cycle RPAC B30		
5:30–6:30 p.m. Power Yoga NRC 210	5:45–6:45 p.m. Cardio Kickboxing RPAC South Gym		
5:45–6:35 p.m. Cardio Barbell RPAC B30	6–7 p.m. Circuit Cycle NRC 310		
5:50–6:50 p.m. Yoga Foundations RPAC B138E	6:45–7:45 p.m. TRX® RPAC Track Level		
6–7 p.m. Cross Training RPAC South Gym	7–8 p.m. Power Yoga NRC 210		
6–7 p.m. Circuit Cycle NRC 310	7:15–8:15 p.m. Relaxation Yoga RPAC B134		
6:45–7:45 p.m. TRX® RPAC Track Level			
7–8 p.m. STRONG by Zumba™ NRC 210			
7–8 p.m. Circuit Cycle RPAC B30			
7:45–8:45 p.m. Hip Hop Fitness RPAC South Gym			

KEY

- RPAC: 
- North Rec: 
- Women's Field House: 

NO CLASS

Thursday, 11/23 | all day
 Friday, 11/24 | all day
 Saturday, 11/25 | all day

Visit recsports.osu.edu for class descriptions and instructor info.