Winter Break FIT Schedule

January 5 - 15, 2026

MONDAY		TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
FIT CLASSES		FIT CLASSES		F45	FIT CLASSES		F F F F F F F F F F	FIT CLASSES		F45	FIT CLASSES		F
	_	_											
12:05	F45 05-12:50 pm 45 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			F45 12:05-12:50 pm F45 Studio
Strength 12:15-1:00 pm FIT Studio			Yoga 12:15-1:00 pm FIT Studio			Dance Fitness 12:15-1:00 pm FIT Studio			Yoga 12:15-1:00 pm FIT Studio			Pilates 12:15-1:00 pm FIT Studio	

The University of Oklahoma is an equal opportunity institution. www.ou.edu/eoo

Please note: FIT schedule is subject to change.

