

2025 FALL FIT & F45 Schedule

August 25 – December 19, 2025

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 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 6:10-6:55 am F45 Studio		
		Yoga 7:00-7:45 am FIT 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	Yoga 7:00-7:45 am FIT 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		
			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 10:10-11:10 am F45 Studio
		Pilates💡 11:00-11:45 pm FIT Studio		F45 11:00-11:45 am F45 Studio			F45 11:00-11:45 am F45 Studio	Pilates💡 11:00-11:45 pm FIT Studio		F45 11:00-11:45 am F45 Studio			F45 11:00-11:45 am F45 Studio	Pilates💡 11:00-11:45 pm FIT Studio		F45 11:00-11:45 am F45 Studio		F45 11:20 am-12:20 pm F45 Studio
				F45 12:05-12:50 pm FIT Studio	POUND®💡 Noon-12:45 pm FIT Studio		F45 12:05-12:50 pm FIT Studio			F45 12:05-12:50 pm FIT Studio	Barre💡 Noon-12:45 pm FIT Studio		F45 12:05-12:50 pm FIT Studio	Yoga💡 Noon-12:50 pm FIT Studio		F45 12:05-12:50 pm FIT 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			Barre💡 4:30-5:15 pm FIT Studio			Kickboxing 101 4:45-5:15 pm FIT Studio			Fitness Yoga 4:30-5:15 pm💡 FIT Studio							
Yoga💡 5-5:45 pm FIT Studio			HIIT & Hills Cycle 5:15-5:45 pm Bridge	F45 5:30-6:15 pm F45 Studio			F45 5:30-6:15 pm F45 Studio		Cycle FIT 30 5:15-5:45 pm Bridge	F45 5:30-6:15 pm F45 Studio			F45 5:30-6:15 pm F45 Studio			F45 5:30-6:15 pm F45 Studio		
		Kickboxing/Bags 5:30-6:15 pm FIT Studio		F45 6:30-7:15 pm F45 Studio	Zumba®💡 5:30-6:30 pm FIT Studio	Yoga 5:30-6:30 pm Gould Hall	F45 6:30-7:15 pm F45 Studio	Kickboxing/Bags 5:30-6:15 pm FIT Studio		F45 6:30-7:15 pm F45 Studio	Dance Fitness 5:30-6:15 pm💡 FIT Studio	Yoga 5:30-6:30 pm Gould Hall	F45 6:30-7:15 pm F45 Studio					
		Pilates💡 6:30-7:15 pm FIT Studio			Restorative Yoga 6:30-7:15 pm💡 FIT Studio			Yoga💡 6:30-7:15 pm FIT Studio			Pilates💡 6:30-7:15 pm FIT Studio							

The University of Oklahoma is an equal opportunity institution. 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.

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

