




# Summer 2026 FIT Schedule

June 1 - July 31, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>F45 Boot Camp</b> 6:10-6:55 am FIT Studio	<b>F45 Boot Camp</b> 6:10-6:55 am FIT Studio	<b>F45 Boot Camp</b> 6:10-6:55 am FIT Studio	<b>F45 Boot Camp</b> 6:10-6:55 am FIT Studio	<b>F45 Boot Camp</b> 6:10-6:55 am FIT Studio
<b>Yoga</b> 7:05-7:50 am FIT Studio		<b>Yoga</b> 7:05-7:50 am FIT Studio		<b>Yoga</b> 7:05-7:50 am FIT Studio
<b>Yoga @ Museum</b> 8:30-9:25 am Museum				
	<b>Chair Yoga</b> 12:00-12:30 pm via Zoom		<b>Chair Barre</b> 12:00-12:30 pm via Zoom	
<b>Strength</b> 12:15-1:00 pm FIT Studio	<b>F45 Boot Camp</b> 12:15-1:00 pm FIT Studio	<b>Strength</b> 12:15-1:00 pm FIT Studio	<b>F45 Boot Camp</b> 12:15-1:00 pm FIT Studio	<b>Yoga</b> 12:15-1:00 pm FIT Studio
<b>F45 Boot Camp</b> 5:30-6:15 pm FIT Studio	<b>Zumba®</b>  5:30-6:15 pm FIT Studio	<b>F45 Boot Camp</b> 5:30-6:15 pm FIT Studio	<b>Pilates</b>  5:30-6:15 pm FIT Studio	

The University of Oklahoma is an equal opportunity institution. [www.ou.edu/eoo](http://www.ou.edu/eoo)



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

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

**Chair Yoga and Barre classes are held via Zoom. Sign up on the member portal for Zoom link.**