

# May 2026 FIT Schedule

May 18 - 29, 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>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>Strength</b> 12:15-1:00 pm FIT Studio	<b>F45 Boot Camp</b> 5:30-6:15 pm FIT Studio	<b>Strength</b> 12:15-1:00 pm FIT Studio	<b>F45 Boot Camp</b> 5:30-6:15 pm FIT Studio	<b>Yoga</b> 12:15-1:00 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 schedules are subject to change.