

NORTHWESTERN STATE WRAC

GROUP EXERCISE SCHEDULE

FALL 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00-6:45AM	BOOTCAMP <i>PT ROTATION</i>		BOOTCAMP <i>PT ROTATION</i>		BOOTCAMP <i>PT ROTATION</i>
8:00-8:45AM	TRX <i>JOSH</i>	RAISE THE BARRE <i>BROOKE</i>	TRX <i>JOSH</i>	HIIT <i>JALEN</i>	RAISE THE BARRE <i>BROOKE</i>
9:00-9:45AM	ECCENTRICS <i>REBECCA</i>	YOGA <i>CLE'LIE</i>	ECCENTRICS <i>REBECCA</i>	YOGA <i>CLE'LIE</i>	YOGA <i>PATI</i>
5:30-6:15PM	YOGA <i>NEERU</i>	HIIT <i>ANNA CLARE</i>	YOGA <i>BRETT</i>	HIIT <i>ANNA CLAIRE</i>	
6:30-7:15PM	MEDITATION <i>PATI</i>	YOGA <i>ADAM</i>	TOTAL BODY BURNOUT <i>JOSIAS</i>	YOGA <i>ADAM</i>	

SPRING GROUP X SCHEDULE WILL RUN FROM AUGUST 16TH – DECEMBER 8TH.
PM CLASSES WILL END DECEMBER 1ST.

For more information on Group Exercise schedules email richardsk@nsula.edu or call at 318.357.5428