

GROUP EXERCISE SCHEDULE

FALL 2023 - PHASE 1 AUGUST 28 - OCTOBER 20

ALL CLASSES 45 MINUTES LONG, EXCEPT TABATA (30 MIN)

* = STARTS ON 9/6

NO CLASSES SEPT. 4

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7:00 AM	WAKE UP & CYCLE CYCLING STUDIO		WAKE UP & CYCLE CYCLING STUDIO	
8:00 AM	MEDITATION & MOVEMENT QUIET LONGUE			
5:00 PM			TABATA STUDIO 272/274	
6:00 PM		ZUMBA STUDIO 272/274		KICKBOXING STUDIO 272/274
7:00 PM	* ZUMBA STUDIO 272/274	NIGHT RIDE CYCLING STUDIO	* ZUMBA STUDIO 272/274	NIGHT RIDE CYCLING STUDIO
8:00 PM	MUSCLE PUMP STUDIO 272/274 OFFERED 9/11, 9/25, & 10/9			
8:30 PM				YOGA STUDIO 272/274

CLASS OFFERINGS ARE SUBJECT TO CHANGE ON MOMENTS NOTICE. PLEASE REFER TO THE WELLNESS APP FOR THE MOST UPDATED SCHEDULE

MEDITATION & MOVEMENT CLASS WILL BE LEAD BY A LICENSED CLINICIAN FROM THE UNIVERSITY COUNSELING CENTER.



PRE-REGISTRATION AND DROP IN AVAILABLE
UND.EDU/GROUPEXERCISE

CLASSES ARE
FREE