

# GROUP EXERCISE SCHEDULE

SPRING 2023 - PHASE 1

JANUARY 17 - MARCH 10

All classes 45 minutes long, except Tabata (30 min)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7:00 AM	SUNRISE YOGA STUDIO 272/274	WAKE UP & CYCLE CYCLING STUDIO		WAKE UP & CYCLE CYCLING STUDIO
8:30 AM			REFORMERS PILATES STUDIO 272/274	
1:15 PM		CARDIO DANCE STUDIO 272/274	CARDIO DANCE STUDIO 272/274	
5:00 PM	HIIT STUDIO 272/274		TABATA STUDIO 272/274	HIIT STUDIO 272/274
6:00 PM	YOGA STUDIO 272/274	KICKBOXING STUDIO 272/274	CARDIO SPORT STUDIO 272/274	ZUMBA STUDIO 272/274
7:00 PM			YOGA STRENGTH* STUDIO 272/274	REFORMERS PILATES STUDIO 272/274
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

NO GX CLASSES ON MONDAY, JANUARY 16TH IN OBSERVANCE OF MLK JR. DAY

\* YOGA STRENGTH STARTS ON JANUARY 25TH.

PRE-REGISTRATION AND DROP IN AVAILABLE

[UND.EDU/GROUPEXERCISE](http://UND.EDU/GROUPEXERCISE)



CLASSES  
ARE  
FREE