

GROUP EXERCISE SCHEDULE

SPRING 2022 - PHASE 1 **JANUARY 18 - MARCH 10**

***NO CLASSES FEB 19-21**

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:45 AM			WAKE UP & CYCLE CYCLING STUDIO		
7:00 AM		WAKE UP & CYCLE CYCLING STUDIO			WAKE UP & CYCLE CYCLING STUDIO
5:00 PM				TABATA STUDIO 272/274	
6:00 PM			KICKBOXING STUDIO 272/274	BARRE FITNESS STUDIO 272/274	ZUMBA STUDIO 272/274
7:00 PM		NIGHT RIDE CYCLING STUDIO	NIGHT RIDE CYCLING STUDIO	NIGHT RIDE CYCLING STUDIO	NIGHT RIDE CYCLING STUDIO
7:15 PM	CARDIO HIP HOP STUDIO 272/274	HIIT STUDIO 272/274	CARDIO DANCE STUDIO 272/274		CARDIO DANCE STUDIO 272/274
8:30 PM		YOGA FLOW STUDIO 272/274		YOGA FLOW STUDIO 272/274	

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

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



PRE-REGISTRATION AND
DROP IN AVAILABLE

UND.EDU/GROUPEXERCISE

**CLASSES
ARE
FREE**