

NORTHWESTERN STATE WRAC

GROUP EXERCISE SCHEDULE

SPRING 2021

	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	RISE & GRIND <i>ROBERT</i>	R.I.P.P.E.D <i>MAGGIE</i>	RISE & GRIND <i>ROBERT</i>	R.I.P.P.E.D. <i>ANNA CLAIRE</i>	
9:00-9:45AM	PILATES <i>REBECCA</i>	YOGA <i>KAITLYN</i>	ESSETRICS <i>REBECCA</i>	YOGA <i>KAITLYN</i>	
5:30-6:15PM	PILATES <i>KIRSTIN</i>	FIT 2 THE CORE <i>EMILY</i>	YOGA <i>BRETT</i>	FIT 2 THE CORE <i>EMILY</i>	
6:30-7:15PM		YOGA <i>ADAM</i>		YOGA <i>ADAM</i>	

SPRING GROUP X SCHEDULE WILL RUN FROM JANUARY 12TH – APRIL 30TH.
 For more information on Group Exercise schedules email richardsk@nsula.edu or call
 at 318.357.5428