

April 2024 Exam Reduced NRG Schedule

Monday April 8, 2024 - Friday April 19, 2024

No Classes: Saturdays & Sundays

	Monday	Tuesday	Wednesday	Thursday	Friday
7-7:45am			Sunrise Cycle Studio 3216 7-7:45am Elizabeth		
7:15-8am		H.I.I.T. the Water Red Pool 7:15-8am Jaye			
9-9:45am		Cycle Express Studio 3216 9-9:45am Talia		Cycle Express Studio 3216 9-9:45am Talia	Pilates Studio 3212 9-9:45am Tanya
10-11am				WOMAN'S ONLY Yoga AC 302 10-11am Mairin	
11am-12pm	Pilates Studio 3214 11am-12pm Alanna	Barre Burn Studio 3214 11am-12pm Alanna			
12:05-1pm	Yoga Strength AC 302 12:05-1pm Ann	Pilates Studio 3212 12:05-1pm Melanie	Hatha Flow Yoga Studio 3212 12:05-1pm Monique	Pilates Studio 3212 12:05-1pm Melanie	Interval Grind Cycle Studio 3216 12:05-1pm Lynne
	Tabata Studio 3212 12:05-1pm Emily		H.I.I.T. The Water Red Pool 12:05-1pm TBD	Barre Burn Studio 3214 12:05-1pm Alanna	
12:10-12:50pm			Watts Up Cycle Studio 3216 12:10-12:50pm Jen O		Cardio & Strength Intervals Studio 3212 12:10-12:50pm Emily
5-6pm	Step N' Core Studio 3212 5-6pm Jeff T	Hatha Flow Yoga Studio 302 5-6pm Monique	Knockout Boxing Studio 3212 5-6pm Ann	STRONG Nation® Studio 3212 5-6pm Stewart	Hatha Flow Yoga Studio 3212 5-6pm Monique
		Cycle Core Studio 3216 5-6pm Jeff T	WOMAN'S ONLY Pilates AC 302 5-6pm Tanya	Watts Up Cycle Studio 3216 5-6pm Mona	
5:30-6:15pm					April 12th ONLY Cycle Express Studio 3216 5:30-6:15pm Brandon
5:30-6:30pm		Cardio Kickbox Studio 3212 5:30-6:30pm Lynne		April 18th ONLY Hatha Flow Yoga AC 302 5:30-6:30pm Julia	
6-7pm	Pilates AC 302 6-7pm Melanie		Pure Strength Studio 3212 6-7pm Lynne		
6:30-7:30pm				April 11th Only GLOWGA Yoga Studio 3214 6:30-7:30pm Kirstie	
7-8pm	Zumba® Studio 3212 7-8pm Stewart	JOGA® AC 302 7-8pm Renee	Interval Grind Cycle Studio 3216 7-8pm Talia		
7:30-8:15pm		Cycle Express Studio 3216 7:30-8:15pm Jen P		Crush N' Core Studio 3212 7:30-8:15pm Emily	
7:30-8:30pm	WOMEN'S ONLY Belly Dance Fit AC 302 7:30-8:30pm Erika		Zumba® Studio 3212 7:30-8:30pm Stewart		
8-9pm	Cycle Core Studio 3216 8-9pm Siobhan H			Cycle Core Studio 3216 8-9pm Jen P	