

Reduced April In-between Semester NRG Schedule

Monday April 22, 2024 - Friday April 26, 2024

No Classes: Saturdays & Sundays

	Monday	Tuesday	Wednesday	Thursday	Friday
12:05-1pm	Tabata Studio 3212 12:05-1pm Emily	Pilates Studio 3212 12:05-1pm Melanie		Barre Burn Studio 3214 12:05-1pm Alanna	Interval Grind Cycle Studio 3216 12:05-1pm Lynne
	H.I.I.T. the Water Red Pool 12:05-1pm Leena		H.I.I.T. the Water Red Pool 12:05-1pm Leena		
12:10-12:50pm			Watts Up Cycle Studio 3216 12:10-12:50pm Jen O		
5-6pm	Step N' Core Studio 3212 5-6pm Jeff T	Cycle Core Studio 3216 5-6pm Jeff T	Knockout Boxing Studio 3212 5-6pm Ann	Vinyasa Flow Yoga Studio 3214 5-6pm Monique	
6-7pm	Pilates Studio 3214 6-7pm Melanie	Hatha Flow Yoga Studio 3214 6-7pm Monique	Pilates Studio 3214 6-7pm Tanya	ZUMBA® Studio 3212 6-7pm Stewart	
6:30-7:30pm		Body Blast Studio 3212 6:30-7:30pm Melanie		Watts Up Cycle Studio 3216 6:30-7:30pm Jen P	
7-8pm	ZUMBA® Studio 3212 7-8pm Erika		Interval Grind Cycle Studio 3216 7-8pm Siobhan H		
7:30-8:30pm	Interval Grind Cycle Studio 3216 7:30-8:30pm Siobhan H				

Monday April 29, 2024 - Friday May 10, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
12:05-1pm	H.I.I.T. the Water Red Pool 12:05-1pm Leena	Pilates Studio 3212 12:05-1pm Melanie	H.I.I.T. the Water Red Pool 12:05-1pm Leena	Barre Burn Studio 3214 12:05-1pm Alanna	TRX® Cardio & Strength Intervals Studio 3214 12:05-1pm Emily
12:10-12:50pm	Interval Grind Cycle Studio 3216 12:10-12:50pm Talia		Watts Up Cycle Studio 3216 12:10-12:50pm Jen O		
5-6pm	Step N' Core Studio 3212 5-6pm Jeff T	Cycle Core Studio 3216 5-6pm Jeff T	ZUMBA® Studio 3212 5-6pm Stewart	Hatha Flow Yoga Studio 3214 5-6pm Monique	
5:30-6:30pm	Pilates Studio 3214 5:30-6:30pm Melanie				
6-7pm		Hatha Flow Yoga Studio 3214 6-7pm Monique		Cycle Core Studio 3216 6-7pm Jen P	
7-8pm		Body Blast Studio 3212 7-8pm Siobhan H	Interval Grind Cycle Studio 3216 7-8pm Talia		
7:30-8:30pm	Cycle Mix Studio 3216 7:30-8:30pm Siobhan H				