

Fall 2023 O-Week NRG Schedule

Tuesday September 5, 2023 - Friday September 8, 2023

NO CLASSES: Sat Sept 2/23, Sun Sept 3/23, Mon Sept 4/23

Fall NRG Schedule begins: Mon Sept 11/23

	Monday	Tuesday	Wednesday	Thursday	Friday
12:05-1pm		Pilates Studio 3212 12:05-1pm Melanie	Hatha Flow Yoga Studio 3212 12:05-1pm Nicole	Barre Burn Studio 3214 12:05-1pm Alanna	Interval Grind Cycle Studio 3216 12:05-1pm Lynne
5-6pm			Knockout Boxing Studio 3212 5-6pm Ann	ZUMBA® Studio 3212 5-6pm Steph M	
5:30-6:30pm		Cycle Core Studio 3216 5:30-6:30pm Jeff T			
6-7pm			Power Yoga Studio 3212 6-7pm Cam	STRONG Nation® Studio 3212 6-7pm Stewart	
7-7:30pm				CIRCL Mobility® Studio 3212 7-7:30pm Stewart	
7-8pm		JOGA® Studio 3212 7-8pm Renee	Cycle Mix Studio 3216 7-8pm Jess P		
7:30-8:30pm				Interval Grind Cycle Studio 3216 7:30-8:30pm Jen P	