

# NORTHWESTERN STATE WRAC

## GROUP EXERCISE SCHEDULE

### FALL 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00-6:45AM	<b>BOOTCAMP</b> <i>PT ROTATION</i>		<b>BOOTCAMP</b> <i>PT ROTATION</i>		<b>BOOTCAMP</b> <i>PT ROTATION</i>
8:00-8:45AM	<i>R.I.P.P.E.D.</i> <i>JUDIT</i>	<i>RISE &amp; GRIND</i> <i>ROBERT</i>	TRX <i>JOSH</i>	<i>RISE &amp; GRIND</i> <i>ROBERT</i>	TRX <i>JOSH</i>
9:00-9:45AM	PILATES <i>REBECCA</i>	YOGA <i>CLE'LIE</i>	ESSETRICS <i>REBECCA</i>	YOGA <i>CLE'LIE</i>	YOGA <i>NEERU</i>
5:30-6:15PM	PILATES <i>KIRSTIN</i>	<i>R.I.P.P.E.D.</i> <i>MAGGIE</i>	YOGA <i>BRETT</i>	<i>R.I.P.P.E.D.</i> <i>MAGGIE</i>	
6:30-7:15PM	<i>TOTAL BODY BLAST</i> <i>RAINA</i>	YOGA <i>ADAM</i>	<i>TOTAL BODY BLAST</i> <i>RAINA</i>	YOGA <i>ADAM</i>	

SPRING GROUP X SCHEDULE WILL RUN FROM AUGUST 17<sup>TH</sup> – DECEMBER 9<sup>TH</sup>.

For more information on Group Exercise schedules  
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