## Northwestern State WRAC
### Group Exercise Schedule
#### Spring 2024

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-6:45 am</td>
<td>Bootcamp PT Rotation</td>
<td>Bootcamp PT Rotation</td>
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<tr>
<td>8:00-8:45 am</td>
<td>Sculpt &amp; Tone</td>
<td>HIIT</td>
<td>Body Pumped</td>
<td>TRX</td>
<td>Cardio pump</td>
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<tr>
<td></td>
<td>Kylie</td>
<td>Jalen</td>
<td>Jalen</td>
<td>Evan</td>
<td>Kylie</td>
</tr>
<tr>
<td>9:00-9:45 am</td>
<td>Pilates</td>
<td>Barre</td>
<td>Eccentrics</td>
<td>Pound</td>
<td>Coy</td>
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<tr>
<td></td>
<td>Rebecca</td>
<td>Coy</td>
<td>Rebecca</td>
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<tr>
<td>5:30-6:00 pm</td>
<td>Yoga</td>
<td>Family Fit</td>
<td>Yoga</td>
<td>R.I.P.P.E.D.</td>
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<tr>
<td></td>
<td>Neeru</td>
<td>Maison</td>
<td>Brett</td>
<td>Evan</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>5:30pm-6:15pm</td>
<td>5:30pm-6:15pm</td>
<td>5:30pm-6:15pm</td>
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<tr>
<td>6:00-6:30 pm</td>
<td>Cardio Dance</td>
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<td></td>
<td>Maison</td>
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<tr>
<td>6:30-7:00 pm</td>
<td>AB Attack</td>
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<tr>
<td></td>
<td>Kylie</td>
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Spring Group Ex Schedule will run from January 8th – May 3rd.
PM classes will end April 26th.