

WRAC

Group exercise schedule

Fall 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00-6:45 am	Bootcamp <i>PT Rotation</i>		Bootcamp <i>PT Rotation</i>		Bootcamp <i>PT Rotation</i>
8:00-8:45 am	Power Pumped <i>Danielle</i>	HIIT <i>Jalen</i>	Sculpt & Tone <i>Danielle</i>	Cardio Pumped <i>Jalen</i>	Sculpt & Tone <i>Danielle</i>
9:00-9:45 am	Pilates <i>Rebecca</i>	Barre <i>Coy</i>	Eccentrics <i>Rebecca</i>	Pound <i>Coy</i>	Yoga <i>Mimi</i>
5:30-6:15 pm	Yoga <i>Cle'lie</i>		Yoga <i>Brett</i>	HIIT <i>Caiden</i>	

Fall group exercise schedule will run from August 19th – December 13th

PM classes will end December 6th