

# Group Exercise Schedule

## Fall 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
6-6:45 am	Bootcamp <i>Ali</i>		Bootcamp <i>Ali</i>		
8-8:45 am	HIIT <i>Tarajh</i>		TRX <i>Tarajh</i>		Pilates <i>Mimi</i>
9-9:45 am	Pilates <i>Rebecca</i>	Barre <i>Coy</i>	Eccentrics <i>Rebecca</i>	<i>Pound</i> <i>Coy</i>	Yoga <i>Mimi</i>
5:30-6:15 pm	HipHop <i>Nhan</i>		Yoga <i>Brett</i>		

Fall Group Ex Schedule will run from **August 18<sup>th</sup> – December 4<sup>th</sup>**

For more information on Group Exercise schedules & our Fitness Assessment Lab please visit us at **[wrac.nsula.edu](http://wrac.nsula.edu)** or call **318.357.5428**

