

GROUP EXERCISE SCHEDULE

MONDAY Sunrise Yoga
7 AM: Studio 272/274

TUESDAY Wake Up & Cycle
7 AM: Studio 282

WEDNESDAY Muscle Pump
7 AM: Studio 272/274

THURSDAY Wake Up & Cycle
7 AM: Studio 282

MONDAY Zumba
5 PM: Studio 272/274

TUESDAY Zumba
6 PM: Studio 272/274

WEDNESDAY Zumba
6 PM: Studio 272/274

MONDAY Yoga
7 PM: Studio 272/274

TUESDAY Night Ride
7 PM: Studio 282

WEDNESDAY Night Ride
7 PM: Studio 282

THURSDAY Yoga
7 PM: Studio 272/274

MONDAY Muscle Pump
8 PM: Studio 272/274

WEDNESDAY Yoga
7:15 PM: Studio 272/274

SPRING PHASE 2
MARCH 11 - MAY 3

NO CLASSES MARCH 29TH - APRIL 1ST
- EASTER BREAK



CLASS OFFERINGS ARE SUBJECT TO CHANGE ON MOMENTS NOTICE. PLEASE REFER TO THE WELLNESS APP FOR THE MOST UPDATED SCHEDULE.



CLASSES ARE FREE

PRE-REGISTRATION AND DROP IN AVAILABLE
UND.EDU/GROUPEXERCISE