



Group Exercise Weekly Schedule **SPRING 2026**

Group X Classes are beginner-friendly and led by instructors who guide you every step of the way!

For more information, please contact hmelks@ncat.edu

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 AM–7:30 AM		In Motion Cycle with Skyla [Studio 2]			
7:00 AM–8:00 AM					Spin City with Skyla [Studio 2]
7:30 AM–8:30 AM				Power Cycle with Skyla [Studio 2]	
9:30 AM–10:30 AM					Trap Core and Cardio with Niara [Studio 1]
10:00 AM–11:00 AM		B2 Core with Kenyon [Studio 1]		B2 Core with Kenyon [Studio 1]	
11:00 AM–12:00 PM	B2 Core with Kenyon [Studio 1]		B2 Core with Kenyon [Studio 1]		
12:00 PM–1:00 PM	Full-Body with Grover [Studio 1]		Cycle Class with Heather [Studio 1]		Full-Body with Grover [Studio 1]
12:30 PM–1:30 PM		Line Dancing with Samiya [Studio 1]		Line Dancing with Samiya [Studio 1]	
2:00 PM–3:00 PM	Rooted & Radiant with Jayden [Studio 1]		Rooted & Radiant with Jayden [Studio 1]		Fitness with Brando [Studio 1]
3:00 PM–4:00 PM	Step-Up Cypher with Cher [Studio 1]				HITT and Hustle with Nelle [Studio 1]
4:00 PM–5:00 PM		AB Lab with Nelle [Studio 1]	AB Lab with Nelle [Studio 1]	AB Lab with Nelle [Studio 1]	
5:00 PM–6:00 PM		Level 1 Pilates with Majerle [Studio 1]	Pilates 2 & 3 with Majerle [Studio 1]	Level 1 Pilates with Majerle [Studio 1]	Level 2 & 3 with Majerle [Studio 1]
6:00 PM–6:30 PM		Stretch & Mobility with Majerle [Studio 1]		Core Candy with Majerle [Studio 1]	
6:00 PM–7:00 PM	Fitness with Brando [Studio 1]			Fitness with Brando [Studio 2]	
6:15 PM–6:45 PM			Stretch & Mobility with Majerle [Studio 1]		
7:00 PM–8:00 PM	Lower Body Strength with Niara [Studio 1]		Lower Body Strength with Niara [Studio 1]		