

# Group Fitness Schedule

Exam Free Week • April 22-28



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BARRE</b> 10:00am REC 22B Emma C	<b>Les Mills CORE</b> 10:00am (60 min) REC 22B Sophia L	<b>Cycle</b> 8:00am Cycle Studio Lucy	<b>ZUMBA</b> 8:00am REC 22B Alyssa	<b>Cardio Step</b> 10:00am REC 22B Rebecca	<b>Cycle</b> 11:00am Cycle Studio Sophia C	<b>Cycle</b> 4:00pm Cycle Studio Lucy
<b>Cycle</b> 11:00am Cycle Studio Gianna	<b>Boxing Bootcamp</b> 11:00am REC 107 Uyen	<b>Gentle Yoga</b> 12:00pm REC 033 Alexis	<b>Les Mills CORE</b> 11:00am REC 22B Uyen	<b>Cycle</b> 11:00am Cycle Studio Emma F		
<b>Flexibility Flow</b> 4:00pm WELL Hannah	<b>Cycle</b> 4:00pm Cycle Studio Carlos	<b>Gentle Yoga</b> 4:00pm WELL Maria	<b>Cycle</b> 12:00pm Cycle Studio Sarah	<b>Pilates</b> 12:00pm REC 22B Zuzanna		
<b>Rhythm Cycle</b> 5:00pm Cycle Studio Megan & Stacey	<b>TRX</b> 5:00pm REC 033 Sophia L	<b>Rhythm Cycle</b> 5:00pm Cycle Studio Megan & Stacey	<b>Rhythm Cycle</b> 3:00pm Cycle Studio Annika	<b>Boxing Bootcamp</b> 1:00pm REC 107 Sasha		
<b>Power Yoga</b> 5:30pm REC 22B Jill	<b>Cardio Step</b> 5:30pm WELL Emma C	<b>Boxing Bootcamp</b> 6:00pm REC 107 Katie	<b>Power Yoga</b> 4:00pm WELL Maria	<b>BARRE</b> 2:00m REC 22B Katie		
<b>Cardio Dance</b> 6:30pm REC 22B Rebecca	<b>Rhythm Cycle</b> 6:00pm Cycle Studio Ege	<b>TRX</b> 6:30pm REC 033 Sasha		<b>Cycle</b> 3:00pm Cycle Studio Marie		
<b>Flexibility Flow</b> 7:30pm REC 22B Eleanor	<b>Pilates</b> 6:30pm REC 22B Alexis	<b>Cycle</b> 7:00pm Cycle Studio Gianna		<b>Cardio Dance</b> 4:00pm WELL Juliana		
		<b>BARRE</b> 7:30pm REC 22B Hannah				

REC 22B	Cycle Studio
REC 107	REC Pool
REC 033	WELL

All classes are 45 minutes unless otherwise noted. All classes and instructors are subject to change. Late entry is not permitted. Failure to arrive on time or cancel in advance may result in a \$5 no-show fee.

For reasonable accommodations, please contact Asia Wright at [asiajwright@usf.edu](mailto:asiajwright@usf.edu)

USF Recreation & Wellness

# Group Fitness Schedule

Finals Week • April 29–May 5



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> 11:00am Cycle Studio Gianna	<b>Cycle</b> 8:00am Cycle Studio Lucy	<b>Pilates</b> 10:00am REC 22B Julie	<b>Cycle</b> 10:00am Cycle Studio Kendall			
<b>TRX</b> 12:00pm REC 033 Uyen	<b>Les Mills CORE</b> 10:00am REC 22B Uyen	<b>Cycle</b> 12:00pm Cycle Studio Bri	<b>BARRE</b> 11:00am REC 22B Julie			
<b>Flexibility Flow</b> 4:00pm WELL Hannah	<b>Boxing Bootcamp</b> 11:00am REC 107 Zuzanna	<b>Gentle Yoga</b> 4:00pm WELL Maria	<b>Cycle</b> 12:00pm Cycle Studio Megan S			
<b>Rhythm Cycle</b> 5:00pm Cycle Studio Megan & Stacey	<b>BARRE</b> 4:00pm WELL Maria	<b>Boxing Bootcamp</b> 6:00pm REC 107 Alexis H	<b>BODYPUMP</b> 5:00pm (60min) REC 22B Juliana			
<b>Boxing Bootcamp</b> 7:00pm REC 107 Eleanor	<b>Cycle</b> 5:00pm Cycle Studio Lucy	<b>Cycle</b> 7:00pm Cycle Studio Gianna	<b>Cardio Dance</b> 7:00pm REC 22B Juliana			
	<b>BARRE</b> 7:00pm REC 22B Katie	<b>BARRE</b> 7:30pm REC 22B Hannah				

REC 22B	Cycle Studio
REC 107	REC Pool
REC 033	WELL

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