



# Group Fitness Schedule

Spring 2024 • January 8 - May 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BARRE</b> 10:00am REC 22B Emma C	<b>Cycle</b> 7:00am Cycle Studio Lucy	<b>Bootcamp Circuit</b> 9:00am FIT Annika & Sophia L	<b>Cycle</b> 7:00am Cycle Studio Gianna	<b>Yoga</b> 10:00am REC 22B Maria	<b>Cycle</b> 11:00am Cycle Studio Sophia C	<b>Pilates</b> 12:00pm REC 033 Alexis
<b>Cycle</b> 11:00am Cycle Studio Gianna	<b>Les Mills Core™</b> 10:00am (60 min) REC 22B Sophia L	<b>BODYPUMP™</b> 11:00am (60 min) REC 22B Annika	<b>TRX</b> 10:00am REC 033 Sophia L	<b>Cycle</b> 11:00am Cycle Studio Gianna	<b>Gentle Yoga</b> 12:00pm REC 22B Alexis	<b>Cardio Dance</b> 12:30pm REC 22B Juliana
<b>Boxing Bootcamp</b> 12:00pm REC 107 Uyen	<b>Boxing Bootcamp</b> 11:00am REC 107 Uyen	<b>Power Yoga</b> 12:00pm REC 033 Lily	<b>Les Mills Core™</b> 11:00am REC 22B Uyen	<b>BARRE</b> 2:00pm REC 22B Katie		<b>Cycle</b> 4:00pm Cycle Studio Lucy
<b>Flexibility Flow</b> 4:00pm WELL Hannah	<b>Cardio Step</b> 12:00pm REC 22B Emma C	<b>Gentle Yoga</b> 4:00pm WELL Maria	<b>Cycle</b> 12:00pm Cycle Studio Celina	<b>Les Mills Core™</b> 4:00pm WELL Sophia L		
<b>Power Yoga</b> 5:00pm REC 22B Jill	<b>HIIT &amp; Core</b> 4:00pm WELL Emma C	<b>Rhythm Cycle</b> 5:00pm Cycle Studio Megan	<b>BARRE</b> 4:00pm WELL Claire	<b>Pilates</b> 5:30pm WELL Sophia C		
<b>BARRE</b> 5:30pm WELL Katie	<b>Rhythm Cycle</b> 5:00pm Cycle Studio Ege	<b>Cardio Step</b> 5:30pm WELL Alexis	<b>BODYPUMP™</b> 5:00pm (60 min) REC 22B Annika			
<b>Rhythm Cycle</b> 6:00pm Cycle Studio Megan	<b>Power Yoga</b> 5:00pm WELL Lily	<b>Boxing Bootcamp</b> 6:00pm REC 107 Katie	<b>Cardio Dance</b> 5:30pm WELL Juliana			
<b>Les Mills Core™</b> 6:30pm REC 22B Sophia C	<b>BODYPUMP™</b> 5:30pm (60 min) REC 22B Juliana	<b>TRX</b> 6:30pm REC 033 Uyen	<b>Rhythm Cycle</b> 6:00pm Cycle Studio Devyn			
<b>Gentle Yoga</b> 7:30pm REC 22B Maria	<b>Pilates</b> 6:30pm REC 033 Sophia C	<b>Cycle</b> 7:00pm Cycle Studio Gianna	<b>Flexibility Flow</b> 6:30pm REC 22B Hannah			
<b>Cycle</b> 8:00pm Cycle Studio Diane	<b>Cycle</b> 7:30pm Cycle Studio Diane	<b>BARRE</b> 7:30pm REC 22B Hannah	<b>Boxing Bootcamp</b> 7:00pm REC 107 Alexis			
REC 22B	Cycle Studio		<b>Cycle Concert</b> 7:30pm Cycle Studio Instructors Vary			
REC 107	FIT					
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 Annika Larson at [annikal Larson@usf.edu](mailto:annikal Larson@usf.edu)

USF Recreation & Wellness