






















# Group Fitness Schedule

Fall Semester · August 26 - November 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP™</b> 9:00am Annika 	<b>Cycle</b> 8:00am Marie	<b>Rhythm Cycle</b> 7:00am Sarah	<b>Pilates</b> 7:00am Juli	<b>BARRE</b> 8:00am Maria	<b>Yoga - Vinyasa</b> 10:30am Chloe	<b>BARRE</b> 11:00am Juli
<b>TRX</b> 10:30am Uyen	<b>TONE™</b> 9:00am Annika 	<b>Yoga - Vinyasa</b> 7:00am Chloe	<b>Cycle</b> 8:00am Marie	<b>[FIT] CIRCUIT</b> 9:00am Paige & Kaitlyn	<b>Rhythm Cycle</b> 11:00am Bri	<b>Cycle</b> 12:00pm Sarah
<b>Flexibility Flow</b> 11:00am Hannah	<b>Boxing Bootcamp</b> 10:00am Uyen  	<b>[FIT] CIRCUIT</b> 9:00am Annika G. & Peter	<b>Yoga - Restore</b> 9:30am Lily	<b>Cycle</b> 9:00am Lucy	<b>Pilates</b> 11:30am Sophia	<b>Line Dancing Fitness</b> 4:00pm Sophia
<b>Rhythm Cycle</b> 12:00pm Bri	<b>TRX</b> 11:00am Sasha	<b>TONE™</b> 11:00am Uyen 	<b>Cycle</b> 11:00am Gianna	<b>Cardio Step</b> 10:00am Becca	<b>Cycle</b> 1:00pm Sophia	<b>Rhythm Cycle</b> 4:00pm Lucy
<b>Cardio Step</b> 4:00pm Becca	<b>CORE™</b> 11:30am Uyen 	<b>Cycle</b> 12:00pm Carlos	<b>BODYPUMP™</b> 11:30am Annika  	<b>Boxing Bootcamp</b> 10:30am Sasha  		
<b>Yoga - Restore</b> 5:00pm Maria	<b>Pilates</b> 4:00pm Zuza	<b>BARRE</b> 4:00pm Hannah	<b>Flexibility Flow</b> 4:00pm Eleanor	<b>CORE™</b> 11:00am Gianna 		
<b>CORE™</b> 5:30pm Gianna 	<b>Cardio Dance</b> 5:00pm Becca	<b>BODYPUMP™</b> 5:00pm Diane  	<b>TONE™</b> 5:00pm Sophia 	<b>Cycle Theme Rides</b> 11:00am Various Instr.		
<b>Boxing Bootcamp</b> 6:00pm Katie  	<b>Cycle</b> 5:30pm Emma	<b>Cycle</b> 5:00pm Gianna	<b>Yoga - Power</b> 6:00pm Jill	<b>ZUMBA</b> 12:00pm Alyssa		
<b>Cycle</b> 7:00am Diane	<b>Yoga - Power</b> 6:00pm Maria	<b>ZUMBA</b> 6:30pm Alyssa	<b>Cycle</b> 6:30pm Diane	<b>Cycle</b> 4:00pm Emma		
<b>BARRE</b> 7:30pm Katie	<b>Rhythm Cycle</b> 8:00pm Kendall	<b>Pilates</b> 7:30pm Zuza	<b>CORE™</b> 7:00pm Kendall 			
<b>Cycle</b> 8:30pm Carlos	<b>Flexibility Flow</b> 9:00pm Eleanor	<b>Boxing Bootcamp</b> 7:00pm Katie  	<b>Line Dancing Fitness</b> 7:00pm Katie			
		<b>iFuerza Fit!</b> 8:30pm Various Instr & Studios 	<b>Cycle Concert Series</b> 8:30pm Various Instr.			

Class Locations	
REC 22B	Cycle Studio
REC 107	The WELL
REC 33	The FIT

Class Legend	
	Classes start on Sept. 15
	Sixty (60) minute class
	Les Mills Class™



All classes are 45 minutes unless otherwise noted. All classes and instructors are subject to change. Failure to arrive on time or cancel in advance may result in a suspension from Group Fitness for 7 days. Late entry is not permitted.

For reasonable accommodations, please contact Annika Larson at [annikalarson@usf.edu](mailto:annikalarson@usf.edu)