

Group Fitness Schedule

Test Free Week • December 2nd – 8th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec. 2	Dec. 3	Dec. 4	Dec. 5	Dec. 6	Dec. 7	Dec. 8
BARRE 8:00am Maria	Rhythm Cycle 8:00am Sarah	Yoga - Power 9:00am Maria	Pilates 8:00am Sophia	Rhythm Cycle 10:00am Kendall	Pilates 11:00am Sophia	BARRE 11:00am Juli
Flexibility Flow 11:00am Hannah	TONE™ 10:00am Uyen	Rhythm Cycle 10:00am Kendall	Cycle 9:00am Lucy	Yoga - Vinyasa 11:00am Chloe	Cycle 1:00pm Diane	Cycle 12:00pm Sophia
Cardio Dance 4:00pm Becca	TRX 11:00am Sasha	CORE™ 11:00am Uyen	CORE™ 10:00am Annika	Cardio Step 12:00pm Becca		
CORE 5:30pm Gianna	Pilates 4:00pm Zuza	BARRE 4:00pm Hannah	Flexibility Flow 11:30am Sasha	Cycle 2:00pm Sarah		
Rhythm Cycle 7:00pm Bri	Cycle 5:30pm Emma	Cycle 5:00pm Gianna	CORE™ 4:00pm Kendall	BODYPUMP™ 5:00pm Diane		
Pilates 7:30pm Juli	Yoga - Restore 8:30pm Chloe	Boxing Bootcamp 5:00pm Katie	BODYPUMP™ 6:00pm Diane			
		ZUMBA 6:00pm Alyssa	Cycle 7:00pm Emma			
		Pilates 7:30pm Zuza	BARRE 8:00pm Katie			

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