

# Group Fitness Schedule

Spring Semester • January 13 - April 27

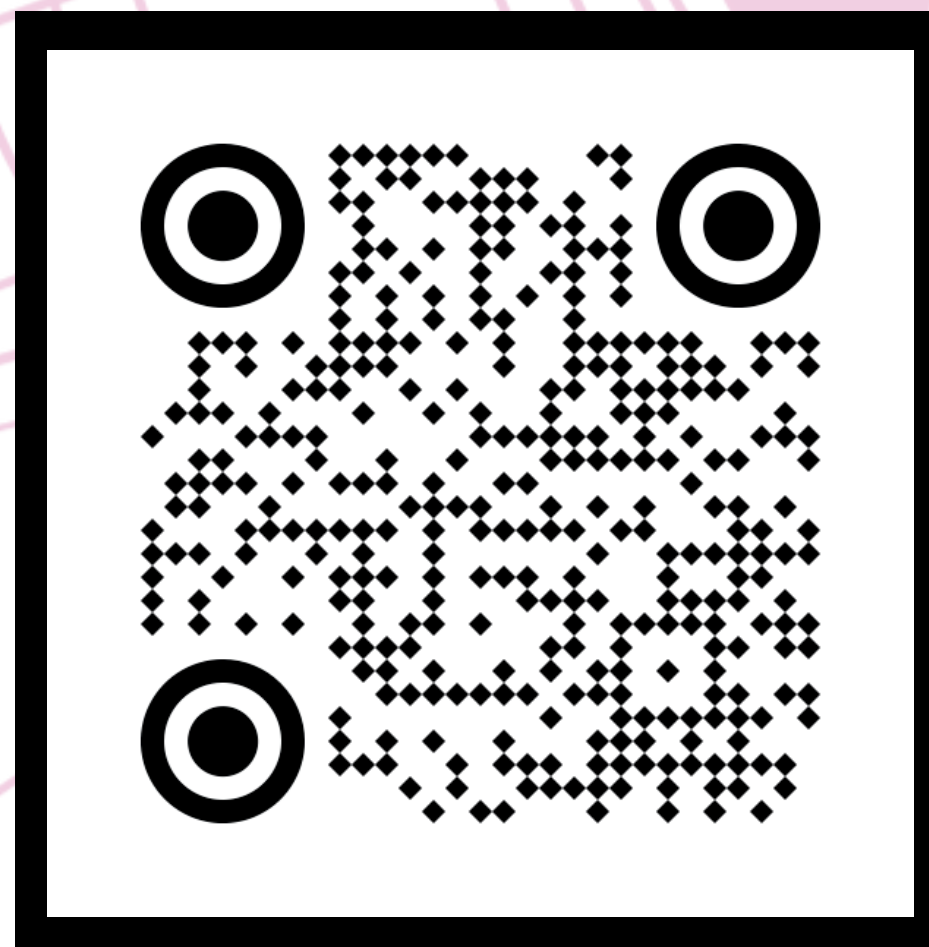
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> 8:00am Marie	<b>Cycle</b> 7:30am Sophia C.	<b>BARRE</b> 7:00am Juli	<b>Cycle</b> 7:00am Sarah	<b>Flexibility Flow</b> 9:30am Eleanor	<b>BODYPUMP™</b> 10:15am Juliana ⌚L	<b>Yoga - Restore</b> 10:00am Alicia
<b>Yoga - Restore</b> 9:00am Alicia	<b>BODYPUMP™</b> 9:30am Sophia H. ⌚L	<b>Yoga - Vinyasa</b> 7:30am Chloe	<b>Pilates Yoga Flow</b> 8:00am Juli/Maria ⌚	<b>Cycle</b> 10:00am Emma	<b>Pilates</b> 12:00am Sophia C.	<b>Cycle</b> 10:30am Diane
<b>CORE™</b> 10:00am Kendall L	<b>TRX</b> 11:00am Uyen	<b>TONE™</b> 9:00am Uyen L	<b>CORE™</b> 10:00am Uyen ⌚L	<b>TONE™</b> 11:00am Uyen L	<b>Cycle</b> 2:00pm Bri	<b>BARRE</b> 11:00am Juli
<b>Pilates</b> 2:00pm Zuza	<b>Pilates</b> 12:30pm Annika	<b>Cycle</b> 10:00am Marie	<b>Rhythm Cycle</b> 11:30am Kendall	<b>Boxing Bootcamp</b> 11:00am Becca ⌚		<b>CORE™</b> 12:00pm Giana L
<b>Cardio Step</b> 4:00pm Becca	<b>Yoga - Vinyasa</b> 12:30pm Susie	<b>Yoga - Restore</b> 10:30am Julia	<b>BODYPUMP™</b> 2:00pm Annika ⌚L	<b>Cardio Dance</b> 12:00pm Juliana		<b>ZUMBA</b> 4:00pm Nikki
<b>Yoga - Power</b> 5:00pm Maria	<b>CORE™</b> 4:00pm Gianna L	<b>Cardio Dance</b> 4:00pm Becca	<b>TONE™</b> 4:00pm Bri L	<b>Yoga - Vinyasa</b> 12:00pm Chloe		
<b>Cycle</b> 5:00pm Diane	<b>Cycle</b> 6:00pm Gianna	<b>Flexibility Flow</b> 5:00pm Sasha	<b>Line Dancing Fitness</b> 5:00pm Sophia C.	<b>BARRE</b> 2:00pm Maria		
<b>TONE™</b> 6:30pm Sophia C. L	<b>Yoga - Restore</b> 7:00pm Julia	<b>BODYPUMP™</b> 5:00pm Diane ⌚L	<b>Força &amp; Movimento</b> 6:00pm Various Instr.	<b>Yoga - Power</b> 4:00pm Susie		
<b>Boxing Bootcamp</b> 7:00pm Sasha ⌚	<b>Rythm Cycle</b> 7:30pm Sarah	<b>Cycle</b> 5:30pm Giana	<b>Cycle</b> 7:00pm Emma	<b>Cycle</b> 6:00pm Lucy		
<b>Cardio Dance</b> 7:30pm Juliana	<b>ZUMBA</b> 8:00pm Nikki	<b>Pilates</b> 7:30pm Zuza	<b>TRX</b> 7:00pm Sasha			
<b>Rhythm Cycle</b> 8:30pm Lucy	<b>Pilates Flexibility Flow</b> 8:30pm Juli/Eleanor ⌚	<b>Rhythm Cycle</b> 8:00pm Kendall	<b>Cycle Concert Series</b> 8:00pm 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. 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 [annikalarson@usf.edu](mailto:annikalarson@usf.edu)