



Group Fitness Schedule

Summer B • June 24 - Aug 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gentle Yoga 11:00am 22B Maria	Cycle 10:00am Cycle Studio Bri	Power Yoga 9:00am REC 22B Maria	Rhythm Cycle 10:00am Cycle Studio Bri	Cycle 10:00am Cycle Studio Kendall	Cardio Dance 12:00pm REC 22B Juliana	Cycle 12:00pm Cycle Studio Carlos
Cardio Dance 4:00pm WELL Becca	BARRE 5:00pm WELL Maria	Cardio Step 4:00pm WELL Becca	Power Yoga 4:00pm WELL Maria	BARRE 11:00am 22B Maria		
Rhythm Cycle 5:00pm Cycle Studio Kendall	Boxing Bootcamp 5:30pm (60min) REC 107 Katie	Cycle 5:00pm Cycle Studio Diane	Cycle 5:00pm Cycle Studio Carlos	Cycle 12:00pm Cycle Studio Diane		
BODYPUMP 6:00pm (60min) 22B Juliana	Cycle 6:30pm Cycle Studio Gianna	BARRE 6:00pm 22B Katie	BODYPUMP 6:00pm (60min) REC 22B Juliana			
Pilates 7:30pm (60min) 22B Katie		Cycle 7:00pm Cycle Studio Gianna				

Class Locations

REC 22B

Cycle Studio

REC 107

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

USF Recreation & Wellness