

Fall FALL 2026 GROUP FITNESS SCHEDULE

Monday

9:00AM - 10:00AM

Vinyasa Yoga

New!

Emily Studio 207

5:00PM - 5:45PM

Les Mills Tone

New!

Kanika Studio 207

5:30PM - 6:30PM

Foam Rolling Pilates

Claudia Studio 122

6:00PM - 7:00PM

BodyPump

Patsy Studio 207

7:00PM - 8:00PM

Zumba

Samantha Studio 122

7:15PM - 8:15PM

Kickboxing

Patsy Studio 207

Tuesday

1:00PM - 2:00PM

Hatha Yoga

Michele Studio 207

2:00PM - 3:00PM

Pilates

Michele Studio 207

3:00PM - 4:00PM

Gentle Yoga

Michele Studio 207

6:00PM - 7:00PM

Warrior Strength

New!

Claudia Studio 122

7:30PM - 8:30PM

Zumba

Samantha Studio 122

Wednesday

9:00AM - 10:00AM

Cycle & Strength

Ellen Studio 122

3:00PM - 4:00PM

Les Mills Shapes

Michele Studio 207

4:00PM - 5:00PM

Gentle Yoga

Michele Studio 207

5:00PM - 6:00PM

Pilates

Michele Studio 207

7:00PM - 8:00PM

Zumba

Samantha Studio 122

Thursday

9:00AM - 10:00AM

Pilates

Emily Studio 207

10:00AM - 11:00AM

BARRE

Emily Studio 207

4:00PM - 5:00PM

Cycling

Mia Studio 122

5:00PM - 6:00PM

Bootcamp

Patsy Studio 207

7:00PM - 8:00PM

Zumba

Samantha Studio 122

7:15PM - 8:15PM

Band, Burn & Build

Patsy Studio 207

Friday

9:15AM - 10:15AM

Cycle & Core

Ellen Studio 122

1:00PM - 2:00PM

BodyPump

Patsy Studio 207

3:00PM - 4:00PM

Zumba

Suzetty Studio 122

Saturday

10:00AM - 11:00AM

Kickboxing

Patsy Studio 207

Campus Recreation welcomes persons with disabilities and will provide reasonable accommodations upon request. If you would like reasonable accommodations for this event, please contact groupx@mail.sfsu.edu at least 15 working days before event.



Classes will take place from:
August 24, 2026 - December 12, 2026

To register for class & more information:

<https://member.campusrec.sfsu.edu/>

