FALL 2022
GROUP FITNESS SCHEDULE

Monday
- 12PM - 1PM
Pilates
Michele
- 4PM - 5PM
HIIT
Erika
Studio 207
- 5PM - 6PM
Cycle
Priscila
Studio 207

Tuesday
- 12PM - 1PM
Yoga
Michele
Studio 207
- 12PM - 1PM
Bodycombat
Teresa
Studio 207
- 1PM - 2PM
Pilates
Michele
Studio 207
- 4:30PM - 5:30PM
Core & Stretch
Claudia
Studio 207

Wednesday
- 12PM - 1PM
Bodycombat
Patsy
Studio 207
- 12:30PM - 1:30PM
Tabata Circuit Training
Claudia
Queenex
- 1:30PM - 2:30PM
Pilates
Michele
Studio 207
- 4PM - 5PM
Bodycombat
Mikhael
Studio 207

Thursday
- 12PM - 1PM
Functional Training
Erika
Queenex
- 4:30PM - 5:30PM
Foam Rolling Pilates
Claudia
Studio 207

Friday
- 11AM - 12PM
Glutes & Core
Erika
- 3PM - 4PM
Bosu Bootcamp
Claudia
Studio 207
- 4PM - 5PM
Cycle
Priscila
Studio 207

Saturday
- 10AM - 11AM
Kickboxing
Patsy
Studio 207
- 3PM - 4PM
LesMills CORE & Stretch
Teresa
Studio 207

Sunday
- 3PM - 4PM
LesMills CORE & Stretch
Teresa
Studio 207

Sign up here: https://member.campusrec.sfsu.edu/