**Fall 2023**

**GROUP FITNESS SCHEDULE**

**Monday**
- **9:00AM - 10:00AM**
  - Endurance Cycle
  - **Ellen**
  - Studio 122
- **12:00PM - 1:00PM**
  - HIIT
  - **Erika**
  - Studio 207
- **4:45PM - 5:45PM**
  - BARRE
  - **Claudia**
  - Studio 122
- **6:00PM - 7:00PM**
  - BODYPUMP
  - **Mikhail**
  - Studio 207
- **7:00PM - 8:00PM**
  - Zumba
  - **Samantha**
  - Studio 122

**Tuesday**
- **12:00PM - 1:00PM**
  - Strength & Training
  - **Erika**
  - Studio 207
- **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
- **4:30PM - 5:30PM**
  - Circuit Training
  - **Claudia**
  - Studio 122
- **6:00PM - 7:00PM**
  - BODYPUMP
  - **Teresa**
  - Studio 207

**Wednesday**
- **9:00AM - 10:00AM**
  - Cycle
  - **Ellen**
  - Studio 122
- **4:00PM - 5:00PM**
  - Hatha Yoga
  - **Michele**
  - Studio 207
- **5:00PM - 6:00PM**
  - Pilates
  - **Michele**
  - Studio 207
- **7:00PM - 8:00PM**
  - Zumba
  - **Suzetto**
  - Studio 122

**Thursday**
- **9:00AM - 10:00AM**
  - Pilates
  - **Emily**
  - Studio 207
- **10:00AM - 11:00AM**
  - BARRE
  - **Emily**
  - Studio 207
- **6:00PM - 7:00PM**
  - BOOTCAMP
  - **Patsy**
  - Studio 207
- **7:00PM - 8:00PM**
  - Zumba
  - **Suzetto**
  - Studio 122

**Friday**
- **9:00AM - 10:00AM**
  - Power Ride Cycle
  - **Ellen**
  - Studio 122
- **1:00PM - 2:00PM**
  - BODYPUMP
  - **Patsy**
  - Studio 207
- **5:00PM - 6:00PM**
  - Core
  - **Samantha**
  - Studio 207
- **6:00PM - 7:00PM**
  - Zumba
  - **Samantha**
  - Studio 122

**Saturday**
- **10:00AM - 11:00AM**
  - Kickboxing
  - **Patsy**
  - Studio 207
- **1:00PM - 2:00PM**
  - Les Mills CORE
  - **Teresa**
  - Studio 207
- **6:30AM - 11PM**
  - Mon - Thu
- **6:30AM - 8PM**
  - Friday
- **9AM - 8PM**
  - Sat & Sun

**MWC Hours of Operation:**
- Mon - Thu
- Fri
- Sat & Sun

**For more information:**
Scan the QR Code or visit campusrec.sfsu.edu/GroupFitness