

Fall

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

Mikhael 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

7:15PM - 8:15PM

Kickboxing

Patsy Studio 207

7:15PM - 8:15PM

Les Mills CORE

Teresa Studio 122

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

Suzetty 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

Suzetty 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

MWC Hours of Operation:

Mon - Thu
6:30AM - 11PM

Friday
6:30AM - 8PM

Sat & Sun
9AM - 8PM



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