### Monday
- **9:00AM - 10:00AM**
  - Endurance Cycle
  - Ellen  
- **12:00PM - 1:00PM**
  - Strength & Training
  - Erika  
- **4:00PM - 5:00PM**
  - Strength & Conditioning
  - Priscila  
- **4:45PM - 5:45PM**
  - BARRE
  - Claudia  
- **5:00PM - 6:00PM**
  - Urbankick
  - Priscila  
- **6:00PM - 7:00PM**
  - BODYPUMP
  - Mikhail  
- **7:00PM - 8:00PM**
  - Zumba
  - Samantha

### Tuesday
- **12:00PM - 1:00PM**
  - HIIT
  - Erika  
- **1:00PM - 2:00PM**
  - Hatha Yoga
  - Michele  
- **2:00PM - 3:00PM**
  - Pilates
  - Michele  
- **3:00PM - 4:00PM**
  - Gentle Yoga
  - Michele  
- **4:30PM - 5:30PM**
  - Circuit Training
  - Claudia  
- **6:00PM - 7:00PM**
  - BODYPUMP
  - Teresa  
- **7:15PM - 8:15PM**
  - Kickboxing
  - Patsy  
- **7:15PM - 8:15PM**
  - BODYCOMBAT
  - Teresa

### Wednesday
- **9:00AM - 10:00AM**
  - Cycle
  - Ellen  
- **4:00PM - 5:00PM**
  - Hatha Yoga
  - Michele  
- **5:00PM - 6:00PM**
  - Pilates
  - Michele  
- **7:00PM - 8:00PM**
  - Zumba
  - Suzetty

### Thursday
- **9:00AM - 10:00AM**
  - Pilates
  - Emily  
- **10:00AM - 11:00AM**
  - BARRE
  - Emily  
- **6:00PM - 7:00PM**
  - BOOTCAMP
  - Patsy  
- **7:00PM - 8:00PM**
  - Zumba
  - Suzetty

### Friday
- **9:00AM - 10:00AM**
  - Power Ride Cycle
  - Ellen  
- **1:00PM - 2:00PM**
  - BODYPUMP
  - Patsy  
- **4:00PM - 5:00PM**
  - Cycle
  - Priscila  
- **5:00PM - 6:00PM**
  - Core
  - Priscila  
- **6:00PM - 7:00PM**
  - Zumba
  - Samantha

### Saturday
- **10:00AM - 11:00AM**
  - Kickboxing
  - Patsy  
- **1:00PM - 2:00PM**
  - Les Mills CORE
  - Teresa

### MWC Hours of Operation:
- Mon - Fri: 6:30AM - 11PM
- Sat & Sun: 9AM - 5PM

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