

Fall

FALL 2024

GROUP FITNESS SCHEDULE

Monday

9AM - 10AM

Cycling

Ellen Studio 122

12PM - 1PM

Strength Training

Erika Studio 207

3:30PM - 4:30PM

Core

Claudia Studio 207

4:30PM - 5:30PM

Foam Rolling Pilates

Claudia Studio 122

6PM - 7PM

Bodypump

Patsy Studio 207

7PM - 8PM

Zumba

Samantha Studio 122

7PM - 8PM

Kickboxing

Patsy Studio 207

Tuesday

10AM - 11AM

Yoga

Indy Studio 207

1PM - 2PM

Hatha Yoga

Michele Studio 207

2PM-3PM

Pilates

Michele Studio 207

3PM - 4PM

Gentle Yoga

Michele Studio 207

6PM - 7PM

Body Combat

Teresa Studio 207

7PM - 8PM

Les Mills Core

Teresa Studio 207

Wednesday

9AM - 10AM

Cycle & Strength

Ellen Studio 122

1:30PM - 2:30PM

Barre

Claudia Studio 207

4PM - 5PM

Hatha Yoga

Michele Studio 207

5PM - 6PM

Pilates

Michele Studio 207

6PM - 7PM

BollyX

Linden Studio 122

7PM - 8PM

Zumba

Samantha Studio 122

Thursday

9AM - 10AM

Pilates

Emily Studio 207

10AM - 11AM

Barre

Emily Studio 207

4PM-5PM

Power Fusion Yoga

Erynne Studio 122

6PM - 7PM

Bootcamp

Patsy Studio 207

7PM - 8PM

Zumba

Samantha Studio 122

7:15PM - 8:15PM

Bodybalance

Teresa Studio 207

Friday

9AM - 10AM

Cycle & Core

Ellen Studio 122

1PM - 2PM

Bodypump

Patsy Studio 207

Saturday

10AM - 11AM

Kickboxing

Patsy Studio 207

NEW

NEW

NEW



MWC Hours of Operation:

Monday-Thursday
7AM - 10PM

Friday-Sunday
9AM - 5PM

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

