



Spring 2025

Spring GROUP FITNESS SCHEDULE

Monday

7:30AM - 8:30AM

Foam Rolling Pilates

Claudia Studio 122

10AM - 11AM

Cycling

Ellen Studio 122

11AM - NOON

Core & Mobility

Erika Studio 207

NOON - 1PM

Cardio & Strength Training

Erika Studio 207

2:15PM-3:15PM

Power Fusion Yoga

Erynne Studio 207

6PM-7PM

Bodypump

Patsy Studio 207

7PM - 8PM

Kickboxing

Patsy Studio 207

7PM - 8PM

Zumba

Samantha Studio 122

Tuesday

1PM - 2PM

Hatha Yoga

Michele Studio 207

2PM - 3PM

Pilates

Michele Studio 207

3PM - 4PM

Gentle Yoga

Michele Studio 207

5PM - 6PM

Beginner Hip-Hop

Sierra Studio 122

6PM - 7PM

Body Combat

Teresa Studio 207

7PM - 8PM

Les Mills Core

Teresa Studio 207

Wednesday

7:30AM - 8:30AM

Core

Claudia Studio 207

9AM - 10AM

Cycle & Strength

Ellen Studio 122

2PM - 3PM

BARRE

Claudia Studio 207

3:30PM - 4:30PM

Self Defense

Eryn Studio 206

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

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



CAMPUS RECREATION



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

Fitness Classes are free to SF State Students
and are on a first come-first served basis.

