

Monday

9AM - 10AM

Endurance Ride Cycling

Ellen

NEW

Studio 122

12PM - 1PM

Intro to Body Weight Training

Erika

NEW

Studio 207

4PM - 5PM

Urban Kick

Priscila

NEW

Studio 207

5PM - 6PM

Cycle

Priscila

Studio 122

6:30PM - 7:30PM

Zumba

Samantha

Studio 122

6PM - 7PM

Bodypump

Mikhael

Studio 207

Tuesday

9AM - 10AM

BARRE

Claudia

Studio 107

12PM - 1PM

HIIT

Erika

Studio 107

1PM - 2PM

Yoga

Michele

Studio 107

2PM - 3PM

Pilates

Michele

Studio 207

6PM - 7PM

Bodycombat

Teresa

Studio 207

7PM - 8PM

Zumba

Suzetty

Studio 122

7PM - 8PM

Kickboxing

Patsy

Studio 207

Wednesday

9AM - 10AM

Hour Power Cycling

Ellen

Studio 122

NEW

12PM - 1PM

Bodypump

Patsy

Studio 207

3PM - 4PM

Yoga Tune Up

Michele

Studio 207

NEW

4PM - 5PM

Pilates

Michele

Studio 207

5PM - 6PM

Yoga

Michele

Studio 207

6PM - 7PM

Bodycombat

Mikhael

Studio 207

Thursday

9AM - 10AM

Pilates

Emily

Studio 207

10AM - 11AM

BARRE

Emily

Studio 207

3PM - 4PM

Glutes & Core Conditioning

Erika

Studio 207

NEW

6PM - 7PM

Bootcamp

Patsy

Studio 207

7PM - 8PM

Zumba

Suzetty

Studio 122

MASHOUF WELLNESS CENTER GROUP FITNESS SCHEDULE Spring 2023

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

Friday

9AM - 10AM

Cycle

Ellen

Studio 122

4PM - 5PM

CORE

Priscilla

Studio 207

5PM - 6PM

Bodysculpt

Priscilla

Studio 207

6PM - 7PM

Zumba

Samantha

Studio 122

6PM - 7PM

Bodypump

Teresa

Studio 207

Saturday

10AM - 11AM

Kickboxing

Patsy

Studio 207

12PM - 1PM

Bosu Bootcamp

Claudia

Studio 207

Scan QR code to register for
classes

