



Monday

9AM - 10AM

Endurance Cycling

Ellen Studio 122

12PM - 1PM

HIIT

Erika Studio 207

4PM - 4:45PM

Core

Claudia Studio 207

5PM - 6PM

NEW

Aqua Zumba

Claudia Pool

6PM - 7PM

Bodypump

Patsy Studio 207

7PM - 8PM

Zumba

Samantha Studio 122

7PM - 8PM

Kickboxing

Patsy Studio 207

Tuesday

12PM - 1PM

Strength & Training

Erika Studio 207

1PM - 2PM

Hatha Yoga

Michele Studio 207

2PM - 3PM

Pilates

Michele Studio 207

3PM - 4PM

Gentle Yoga

Michele Studio 207

6PM - 7PM

BodyCombat

Teresa Studio 207

7PM - 8PM

Les Mills Core

Teresa Studio 207

7PM - 8PM

Zumba

Suzetty Studio 122

Wednesday

9AM - 10AM

Power Ride

Ellen Studio 122

1PM - 2PM

BARRE

Claudia Studio 207

2PM - 3PM

Bosu Bootcamp

Claudia Studio 207

4PM - 5PM

Hatha Yoga

Michele Studio 207

5PM - 6PM

Pilates

Michele Studio 207

7PM - 8PM

Zumba

Samantha Studio 122

Friday

9AM - 10AM

NEW

Cycle & Core

Ellen Studio 122

1PM - 2PM

Bodypump

Patsy Studio 207

5PM - 6PM

Zumba

Samantha Studio 122

Thursday

9AM - 10AM

Pilates

Emily Studio 207

10AM - 11AM

BARRE

Emily Studio 207

5PM - 6PM

NEW

BollyX

Linden Studio 122

6PM - 7PM

Bootcamp

Patsy Studio 207

7PM - 8PM

Zumba

Suzetty Studio 122

Saturday

10AM - 11AM

Kickboxing

Patsy Studio 207

MASHOUF WELLNESS CENTER GROUP FITNESS SCHEDULE Spring 2024

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

