










GROUP FITNESS SCHEDULE

SPRING 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>12PM - 1PM</u></p> <p>Yoga</p> <p>Michele </p>	<p><u>12PM - 1PM</u></p> <p>Pilates</p> <p>Michele </p>	<p><u>4PM - 5PM</u></p> <p>Indoor Bootcamp</p> <p>Patsy Studio 207</p>	<p><u>12PM - 1PM</u></p> <p>Pilates</p> <p>Michele </p>	<p><u>11AM - 12PM</u></p> <p>BARRE</p> <p>Claudia Studio 207</p>	<p><u>10AM - 11AM</u></p> <p>Kickboxing</p> <p>Patsy Studio 207</p>
<p><u>12PM - 1PM</u></p> <p>BodyPump</p> <p>Patsy Studio 207</p>	<p><u>12:30PM - 1:30PM</u></p> <p>HIIT</p> <p>Erika Studio 207</p>	<p><u>5PM - 6PM</u></p> <p>Circuit Training</p> <p>Erika </p>	<p><u>12PM-1PM</u></p> <p>BodyPump</p> <p>Claudia Studio 207</p>	<p><u>12PM - 1PM</u></p> <p>Yoga</p> <p>Michele </p>	<p><u>12PM - 12:45PM</u> </p> <p>Les Mills CORE & Stretch</p> <p>Teresa Studio 207</p>
<p><u>4PM - 5PM</u></p> <p>Cycle</p> <p>Priscilla Studio 122</p>	<p><u>2PM - 3PM</u></p> <p>Zumba</p> <p>Samantha </p>	<p><u>5PM - 6PM</u></p> <p>Pilates</p> <p>Michele Studio 207</p>	<p><u>12:30PM - 1:30PM</u></p> <p>HIIT</p> <p>Erika Studio 122</p>	<p><u>12PM - 1PM</u></p> <p>BOSU</p> <p>Claudia Studio 207</p>	
<p><u>5PM - 6PM</u></p> <p>CORE Strength</p> <p>Priscilla Studio 207</p>	<p><u>5:15PM - 6:15PM</u> </p> <p>BodyCombat</p> <p>Teresa Studio 122</p>	<p><u>6PM - 7PM</u></p> <p>Yoga</p> <p>Michele Studio 207</p>	<p><u>2PM - 3PM</u></p> <p>Zumba</p> <p>Samantha Studio 122</p>	<p><u>1PM - 1:45PM</u></p> <p>Recovery</p> <p>Claudia Studio 207</p>	<p><u>3:30PM - 4:30PM</u> </p> <p>BodyPump/ BodyCombat</p> <p>Teresa Studio 207</p>
<p><u>6PM - 7PM</u></p> <p>Zumba</p> <p>Samantha Studio 122</p>	<p><u>6PM - 7PM</u></p> <p>BodyPump</p> <p>Patsy Studio 207</p>		<p><u>6PM-7PM</u></p> <p>Kickboxing</p> <p>Patsy Studio 207</p>		
	<p><u>7:00PM - 8PM</u></p> <p>Zumba</p> <p>Suzetty Studio 122</p>		<p><u>7:00PM - 8PM</u></p> <p>Zumba</p> <p>Suzetty Studio 122</p>		

Sunday



= virtual

* = no sign-up needed

In-person and virtual group fitness classes will require a membership to gain access.

Virtual-only group fitness membership is available for purchase.



Sign up here:

<https://member.campusrec.sfsu.edu/>