

Summer

SUMMER 2023

GROUP FITNESS SCHEDULE

Monday

9:00AM - 10:00AM

Endurance Cycle

Ellen Studio 122

12:15PM - 1:15PM

Circuit Training

Erika Queenex

6:00PM - 7:00PM

Bodypump

Mikhael Studio 207

6:30PM - 7:30PM

Zumba

Samantha Studio 122

Tuesday

9:00AM - 10:00AM

BARRE

Claudia Studio 207

12:00PM - 1:00PM

HIIT

Erika Studio 207

1:00PM - 2:00PM

Pilates

Michele Studio 207

2:00PM - 3:00PM

Yoga

Michele Studio 207

5:00PM - 6:00PM

Kickboxing

Patsy Studio 207

6:00PM - 7:00PM

Les Mills Core

Teresa Studio 207

Wednesday

2:30PM - 3:30PM

Bosu Bootcamp

Claudia Studio 207

6:00PM - 7:00PM

Bodycombat

Mikhael Studio 207

7:00PM - 8:00PM

Zumba

Suzetty Studio 122

Thursday

9:00AM - 10:00AM

Pilates

Emily Studio 207

10:00AM - 11:00AM

BARRE

Emily Studio 207

5:00PM - 6:00PM

Bootcamp

Patsy Studio 207

7:00PM - 8:00PM

Zumba

Suzetty Studio 122

Friday

9:00AM - 10:00AM

Cycle

Ellen Studio 122

4:00PM - 5:00PM

Urban Kick

Priscila Studio 207

5:00PM - 6:00PM

Bosu

Priscila Studio 207

6:00PM - 7:00PM

Zumba

Samantha Studio 122

MWC Hours of Operation:

Mon - Fri
6:30AM - 9PM

Sat & Sun
9AM - 5PM



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

