# WINTER 2022

## GROUP FITNESS SCHEDULE

### Monday
- **12PM-1PM**
  - Yoga
  - Michele

### Tuesday
- **5PM-6PM**
  - HIIT
  - Erika

### Wednesday
- **12PM-1PM**
  - Pilates
  - Michele

### Thursday
- **12PM-1PM**
  - BodyPump
  - Claudia
  - Studio 207

### Friday
- **12PM-1PM**
  - Yoga
  - Michele

### Additional Classes
- **12PM-1PM**
  - BodyPump
  - Patsy
  - Studio 207

- **6PM-7PM**
  - BodyPump
  - Patsy
  - Studio 207

- **5PM-6PM**
  - Zumba
  - Suzetty
  - Studio 122

- **5PM-6PM**
  - Circuit Training
  - Erika

- **6PM-7PM**
  - Kickboxing
  - Patsy
  - Studio 207

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**Sign up here:**

[https://member.campusrec.sfsu.edu/](https://member.campusrec.sfsu.edu/)

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