

Group Fitness

Summer B

June 28-August 6

Mon	10:00am	Cycle Isabella Cycle Studio
	12:00pm	Gentle Yoga Isabella REC 22B MS Teams
	4:30pm	Total Body Conditioning Alexis REC 22B
	5:00pm	TRX Hunter REC 033
	5:30pm	Power Yoga A'Naja REC 22B
	7:00pm	Cycle Janet Cycle Studio

Thu	7:30am	Cycle Cassidy Cycle Studio
	12:00pm	Cycle Sayona Cycle Studio
	4:30pm	Bootcamp Uyen REC 22B MS Teams
	5:00pm	Cycle Alexis Cycle Studio
	6:00pm	HIIT & Core Uyen REC 107
	7:00pm	Vinyasa Yoga Haley REC 22B MS Teams

Tue	7:30am	Cycle Cassidy Cycle Studio
	10:00am	Bootcamp Uyen REC 22B MS Teams
	12:00pm	Cycle Sayona Cycle Studio
	5:00pm	Cycle Alexis Cycle Studio
	6:00pm	TRX Hunter REC 033
	7:00pm	Power Yoga Haley REC 22B MS Teams

Fri	10:00am	Cycle Various Instructors Cycle Studio
	12:00pm	Gentle Yoga Janet REC 22B MS Teams

Sat	12:15pm	Cycle Fadia Cycle Studio
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Sun	5:00pm	Cycle Fadia Cycle Studio
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Wed	10:00am	Cycle Isabella Cycle Studio
	12:00pm	Vinyasa Yoga Isabella REC 22B MS Teams
	4:30pm	Total Body Conditioning Alexis REC 22B
	5:00pm	TRX Hunter REC 033
	5:30pm	Meditate & Stretch (30 min) Asia REC 22B MS Teams
	7:00pm	Cycle Janet Cycle Studio

All classes are 45 minutes unless otherwise noted. All classes and instructors are subject to change. Late entry is not permitted.

Failure to arrive on time or cancel may result in a \$5 no-show fee.

For reasonable accommodations, please contact Asia Wright at asiajwright@usf.edu