

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Kettlebell Bootcamp 7:00a REC 22B Lucie	 Pilates 7:00a REC 22B Moriah	 Boxing 7:00a REC 107 Jordan	 Pilates 7:00a REC 22B Moriah	 Meditate & Stretch 7:00a REC 22B Simone	 Cycle 12:00p Cycle Studio Gianna	 Pilates 12:00p REC 22B Alexis
 Boxing 12:00p REC 107 Sarah	 Gentle Yoga 12:00p REC 22B Lily	 TBC 12:00p REC 22B Annika	 Vinyasa Yoga 12:00p REC 22B Jill	 Cycle 12:00p Cycle Studio Cassidy		 BARRE 5:30p REC 033 Hannah
 Cycle 12:00p Cycle Studio Diane	 Cycle 12:00p Cycle Studio Sayona	 Cycle 12:00p Cycle Studio Diane	 Cycle 12:00p Cycle Studio Janet	 Cycle 12:00p Cycle Studio Annika		
 BARRE 4:00p WELL Katie	 Vinyasa Yoga 4:00p WELL Jill	 HIIT & Core 4:00p WELL Haley	 Gentle Yoga 4:00p WELL Lily	 BARRE 4:00p WELL Katie		
 Cycle 5:00p Cycle Studio Megan	 Kettlebell Bootcamp 5:00p REC 22B Lucie	 ZUMBA 5:00p REC 22B Michelle	 Kettlebell Bootcamp 5:00p REC 22B Sophia	 Boxing 4:00p REC 107 Sarah		
 BARRE 5:30p REC 033 Anna Grace	 Cycle 5:30p Cycle Studio Megan	 TRX 5:30p REC 033 Jordan	 Cycle 5:30p Cycle Studio Anna	 Cycle 4:00p Cycle Studio Gianna		
 Pilates 5:30p WELL TBD	 ZUMBA 5:30p WELL Michelle	 BARRE 5:30p WELL Anna Grace	 Cardio Dance 5:30p WELL Juliana			
 Cycle 6:00p Cycle Studio Janet	 Boxing 6:00p REC 107 Alexis	 Cycle 6:00p Cycle Studio Gianna	 Cardio Step 6:30p REC 22B Annika			
 ZUMBA 6:30p REC 22B Jordan	 HIIT & Core 6:30p REC 22B Sophia	 Kettlebell Bootcamp 6:00p REC 22B Simone	 Cycle 7:00p Cycle Studio Anna			
 HIIT & Core 7:00p REC 033 Simone	 Cycle 7:00p Cycle Studio Annika	 Meditate & Stretch 7:00p REC 22B Lucie	 BARRE 7:00p REC 033 Hannah			
 Gentle Yoga 7:30p REC 22B Janet	 BARRE 7:00p REC 033 Janet	 Cardio Dance 7:00p REC 033 Juliana	 Power Yoga 7:30p REC 22B Lily			
	 Meditate & Stretch 7:30p REC 22B Juliana	 Cycle Concert Series 7:30p Cycle Studio Various Instructors				

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 in advance may result in a \$5 no-show fee.

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

REC 22B	CYCLE STUDIO
REC 107	THE WELL
REC 033	

