

Spring Break 2023 | March 13-19

Group Fitness Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BARRE 12:00pm REC 033 Anna Grace	BARRE 8:00 am REC 033 Anna Grace	Boxing 8:00 am Cycle Studio Jordan	Cardio Dance 5:00pm REC 22B Juliana			Pilates 12:00 pm REC 22B Alexis
BARRE 5:30pm REC 22B Katie	HIIT + Core 5:00pm REC 22B Jordan	ZUMBA 5:30pm REC 22B Jordan	Cycle 5:30pm Cycle Studio Alexis			ZUMBA 5:00 pm REC 22B Jordan
Bootcamp 6:30pm REC 033 Jordan	Boxing 6:00 pm REC 107 Katie	Gentle Yoga 6:30pm REC 22B Alexis	Boxing 6:00 pm REC 107 Katie			
TBC 7:00pm REC 22B Annika	Cycle 7:00 pm Cycle Studio Annika	Meditate & Stretch 7:30 pm REC 22B Juliana	Pilates 7:00 pm REC 22B Alexis			

REC 22B	CYCLE STUDIO
REC 107	THE WELL
REC 033	



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