

Group Fitness Schedule

Summer B

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am							
7:00am	Pilates Alexis H	Boxing Jordan	Cycle Gabi	Total Body Conditioning Gabi			
9:00am					BARRE Anna F		
12:00pm	Boxing Sarah	Meditate & Stretch Hannah	Boxing Sarah	Cycle Gabi	Boxing Sarah		Pilates Alexis H
12:00pm							
5:00pm	Cycle Janet	Bootcamp Lucie	HIIT & Core Jordan	Bootcamp Lucie			
5:30pm							
5:30pm							
6:00pm	BARRE Hannah	ZUMBA Jordan	TRX Simone	BARRE Janet			
6:30pm							
6:30pm							
7:00pm	Gentle Yoga Janet	Cardio Kickboxing Alexis H	Meditate & Stretch Simone	HIIT & Core Simone			
7:00pm							
7:00pm							

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.

REC 22B	CYCLE STUDIO
REC 107	THE WELL
REC 033	



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