



Group Fitness Schedule

Summer A • May 10 – June 22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Power Yoga 10:00am 22B Maria	BODYPUMP 9:00am (60min) 22B Annika	Pilates 9:00am REC 22B Alexis	Cycle 11:00am Cycle Studio Alexis	Gentle Yoga 10:00am REC 22B Alexis	Cardio Dance 12:00pm REC 22B Juliana	Pilates 12:00pm REC 22B Alexis
Cycle 12:00pm Cycle Studio Annika/Diane	Boxing Bootcamp 5:00pm (60min) REC 107 Katie	Gentle Yoga 12:00pm REC 22B Maria	Power Yoga 4:00pm WELL Maria	BARRE 12:00pm 22B Maria		
Gentle Yoga 4:00pm WELL Alexis	Cycle 5:30pm Cycle Studio Carlos/Diane	BARRE 4:00pm WELL Katie	Boxing Bootcamp 6:00pm (60min) REC 107 Katie			
BARRE 6:00pm 22B Katie	Cardio Dance 6:30pm REC 22B Juliana	Cycle 7:00pm Cycle Studio Carlos/Diane	BODYPUMP 7:00pm (60min) REC 22B Juliana			

Class Locations

REC 22B

Cycle Studio

REC 107

WELL

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 Annika Larson at annikal Larson@usf.edu

USF Recreation & Wellness