

# Group Fitness Schedule

## Test-Free Week • April 28 – May 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga - Vinyasa 8:00am Chloe	HIIT Pilates 8:00am Annika	Cycle 8:00am Becca G.	Flexibility Flow 9:00am Juli	Pilates 9:00am Zuza	Yoga - Restore 10:30am Alicia	Cycle 12:30pm Diane
Cycle 10:00am Marie	Boxing Bootcamp 9:00am Sasha	Yoga Sculpt 9:00am Julia	TRX 10:00am Sasha	BODYPUMP™ 10:30am Juliana	Pilates 11:30am Sophia C.	TONE™ 1:30pm Bri
TRX 11:30am Kennedy	BODYPUMP™ 9:30am Sophia H.	CORE™ 10:30am Uyen + Annika	Rhythm Cycle 11:00am Kendall	Rhythm Cycle 11:00am Sarah	<b>Class Locations</b>  REC 22B    Cycle Studio REC 107    The WELL REC 33    The FIT	
TONE™ 2:00pm Uyen	Cycle 2:00pm Sophia C.	BARRE 1:00pm Vanessa	Yoga Sculpt 12:30pm Maria	Yoga - Power 2:00pm Susie		
Boxing Bootcamp 5:00pm Dani	BARRE 5:00pm Juli	BODYPUMP™ 5:00pm Diane	Flexibility Flow 4:00pm Eleanor	BARRE 3:00pm Maria		
Cycle - PWRHR 7:00pm Gianna + Lucy	ZUMBA 6:00pm Nikki	Cycle 6:00pm Emma	Cardio Dance em Português 6:00pm Juliana + Becca D.	Cycle 5:00pm Lucy	<b>Class Legend</b>  📅 Classes start on Sept. 15 🕒 Sixty (60) minute class L Les Mills Class™ 🎉 Senior Sendoff Party Class	
	Rhythm Cycle 7:30pm Kendall	Cardio Dance 7:00pm Trinity	Cycle 7:00pm Gianna			

## Final Exam Week • May 5 – May 8

Monday	Tuesday	Wednesday
BODYPUMP™ 8:00am Juliana	Yoga - Power 9:00am Julia	Cycle 8:00am Gianna
Rhythm Cycle 10:00am Lucy	TONE™ 10:00am Uyen	CORE™ 10:00am Sophia C.
TRX 11:30am Uyen	Pilates 12:00pm Eleanor	Rhythm Cycle 11:00am Mahir
Rhythm Cycle 5:00pm Bri	Cycle 2:00pm Sophia C.	BODYPUMP™ 3:00pm Diana
Boxing Bootcamp 6:00pm Becca D.	Cardio Step 6:00pm Becca D.	Cycle 5:00pm Trang
TONE™ 6:30pm Sophia C.	Cycle PWRHR 7:00pm Diane + Kendall	BARRE 6:00pm Adriana
		Cardio Dance 7:00pm Abby

### SENIOR SENDOFF Party GFIT Class

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 [annikalarson@usf.edu](mailto:annikalarson@usf.edu)



UNIVERSITY of  
**SOUTH FLORIDA**  
Student Success  
Recreation & Wellness