

SPRING 2019 GROUP FITNESS SCHEDULE

SPARTAN RECREATION JAN 24 - MAY 13

(V) Virtual Class

DSA Dance Studio A

MP Multipurpose Room

DSB Dance Studio B

SPX79 Spartan Complex Pool

MON	TUES	WED	THURS	FRI	SAT
<u>7:15 - 7:45am</u> Cycle DSB	<u>7:15 - 7:45am</u> GRIT Strength DSB	<u>7:15 - 7:45am</u> Strong DSB	<u>7:15 - 7:45am</u> GRIT Cardio (v) DSB	<u>7:15 - 7:45am</u> BodyCombat DSB	
<u>8:00 - 8:30am</u> GRIT Cardio (v) DSB	<u>8:00 - 8:30am</u> CXWORX (v) DSB	<u>8:00 - 8:30am</u> Barre (v) DSB	<u>8:00 - 8:30am</u> CXWORX (v) DSB	<u>8:00 - 8:30am</u> Sh'Bam (v) DSB	
<u>9:00 - 9:45am</u> The Trip (v) DSB	<u>9:00 - 9:30am</u> Barre (v) DSB	<u>9:00 - 9:50am</u> RPM (v) DSB	<u>9:00 - 9:30am</u> Barre (v) DSB	<u>9:00 - 9:45am</u> The Trip (v) DSB	<u>10:30 - 11:30am</u> BodyPump MP
<u>9:45 - 10:45am</u> Yoga DSA	<u>9:45 - 10:45am</u> Yoga DSA	<u>9:45 - 10:45am</u> Yoga DSA	<u>9:45 - 10:45am</u> Sh'Bam (v) DSB	<u>9:45 - 10:45am</u> Yoga DSA	<u>11:00 - 11:50am</u> RPM (v) DSB
	<u>9:45 - 10:45am</u> Zumba DSB				<u>11:30a - 12:00p</u> CXWORX MP
<u>11:00 - 11:50am</u> UJam DSA	<u>11:00 - 11:50am</u> Yoga DSA	<u>11:00 - 11:50am</u> Cycle DSB	<u>11:30a - 12:00p</u> CXWORX DSA	<u>11:00 - 11:50am</u> RPM (v) DSB	<u>12:15 - 12:45pm</u> GRIT Cardio (v) DSB
<u>12:00 - 1:00pm</u> BodyPump MP	<u>12:00 - 1:00pm</u> Yoga DSA	<u>12:00 - 1:00pm</u> BodyCombat MP	<u>12:00 - 1:00pm</u> Yoga DSA	<u>12:00 - 1:00pm</u> Zumba MP	
<u>12:00 - 1:00pm</u> Yoga DSA	<u>12:15 - 12:45pm</u> GRIT Strength MP	<u>12:00 - 1:00pm</u> Yoga DSA	<u>12:00 - 1:00pm</u> UJam DSB	<u>12:00 - 1:00pm</u> Yoga DSA	
	<u>12:15 - 12:45pm</u> Cycle DSB	<u>12:00 - 1:00pm</u> Hip Hop DSB	<u>12:15 - 12:45pm</u> GRIT Plyo MP		SUN
<u>1:15 - 1:45pm</u> Sprint (v) DSB	<u>1:15 - 2:00pm</u> Sh'Bam (v) DSB	<u>1:15 - 1:45pm</u> Barre (v) DSB	<u>1:15 - 2:00pm</u> RPM (v) DSB	<u>1:15 - 1:45pm</u> Barre (v) DSB	
<u>2:30 - 3:30pm</u> Zumba DSA	<u>2:30 - 3:30pm</u> BodyPump MP	<u>2:30 - 3:30pm</u> BodyFlow (v) DSB	<u>2:30 - 3:30pm</u> Boot Camp MP	<u>2:30 - 3:30pm</u> Pop Pilates DSA	<u>10:30 - 11:00am</u> GRIT Cardio (v) DSB
<u>3:45 - 4:15pm</u> GRIT Plyo (v) DSB	<u>3:45 - 4:15pm</u> GRIT Cardio (v) DSB	<u>3:45 - 4:15pm</u> GRIT Strength (v) DSB	<u>3:45 - 4:15pm</u> GRIT Cardio (v) DSB	<u>3:45 - 4:15pm</u> GRIT Plyo MP	<u>11:15 - 11:45am</u> CXWORX (v) DSB
<u>4:30 - 5:30pm</u> Yoga DSA	<u>4:30 - 5:30pm</u> Pop Pilates DSA	<u>4:30 - 5:30pm</u> Cycle DSB	<u>4:30 - 5:30pm</u> Boot Camp MP	<u>4:30 - 5:00pm</u> CXWORX MP	<u>12:00 - 12:45pm</u> The Trip (v) DSB
		<u>5:00 - 5:30pm</u> CXWORX MP		<u>5:15 - 5:45pm</u> Sprint (v) DSB	<u>1:00 - 1:30pm</u> GRIT Strength (v) DSB
<u>5:30 - 6:30pm</u> BodyPump MP	<u>5:30 - 6:30pm</u> Zumba MP	<u>5:30 - 6:30pm</u> BodyCombat MP	<u>5:30 - 6:30pm</u> Pop Pilates MP	<u>5:30 - 6:30pm</u> Aqua SPX Pool	<u>4:30 - 5:30pm</u> Yoga DSA
<u>5:30 - 6:30pm</u> Yoga DSA		<u>5:30 - 6:30pm</u> Yoga DSA			<u>5:45 - 6:45pm</u> Cycle DSB
<u>5:30 - 6:30pm</u> Aqua SPX Pool				<u>6:00 - 6:30pm</u> GRIT Strength (v) DSB	
<u>6:00 - 6:30pm</u> CXWORX DSB	<u>6:00 - 6:30pm</u> Sprint DSB	<u>6:30 - 7:00pm</u> Core DSA	<u>6:00 - 6:30pm</u> Sprint DSB		
<u>6:45 - 7:45pm</u> BodyCombat MP	<u>6:45 - 7:45pm</u> BodyPump MP	<u>6:45 - 7:45pm</u> Boot Camp MP	<u>6:45 - 7:45pm</u> UJam MP		
<u>7:00 - 8:00pm</u> Yoga DSA	<u>7:00 - 8:00pm</u> Cycle DSB	<u>7:00 - 8:00pm</u> Hip Hop DSA			

**FREE
FOR SJSU
STUDENTS**