

WELLNESS CLASS SCHEDULE



MONDAY

CORE & FLEXIBILITY // 9:00am - 9:30am
with Jared

BREAK A SWEAT // 12:10pm - 1:00pm
with Jared

BOOT CAMP (\$) // 5:00pm - 6:00pm
with Justin

TUESDAY

STRENGTH TRAINING// 12:10pm - 1:00pm
with Jared

YOGA 101 // 1:00pm - 1:30pm
with Priscilla

FEEL THE BURN // 5:30pm - 6:15pm
with Franco

WEDNESDAY

POSTURAL RESET // 9:00am - 9:30am
with John

BARRE-LATES // 12:10pm - 12:45pm
with Aly

BOOT CAMP (\$) // 5:00pm - 6:00pm
with Justin

THURSDAY

STRENGTH TRAINING// 12:10pm - 1:00pm
with Jared

YOGA 101 // 1:00pm - 1:30pm
with Priscilla

FEEL THE BURN // 5:30pm - 6:15pm
with Franco

FRIDAY

CORE & FLEXIBILITY // 9:00am - 9:30am
with Jared

BREAK A SWEAT // 12:10pm - 1:00pm
with Jared

POSTURAL RESET // 3:00pm - 3:30pm
with John

DAILY WELLNESS CONTENT

NEW VIDEOS & NEW CONTENT daily on
iLearn, daily reminders, and Social Media
page (@sfsufitplus on Instagram)

MOTIVATION MONDAYS from Savanna
TRAINER TIP TUESDAYS from Aly
WELLNESS WEDNESDAYS from Priscilla
FITNESS HACK FRIDAYS from Franco

