

# FITPLUS CLASS SCHEDULE

@SFSUFITPLUS

KIN.SFSU.EDU/FITPLUS



## MONDAY

8:30 - 9:30am Early morning stretch w/ Hans (Zoom)  
12:10 - 1pm Pilates w/ Michelle (Live stream Gym 148)  
12:10 - 1pm Fierce Fest w/ Starr (GYM 148)

## TUESDAY

12:10 - 1pm Yoga w/ Jacalyn (BH 6)  
1:10 - 1:45 FAB ABS w/ Starr (GYM 148)  
6 - 7pm Boot Camp \$ (Zoom)

## WEDNESDAY

12:10 - 1pm Boxing conditioning w/ Hans (Gym 147)  
12:10 - 1pm Pilates w/ Michelle (Live stream Gym 148)  
1 - 2pm One-on-One (GYM 148)

## THURSDAY

12:10 - 1pm Beefy Brawns w/ Rickseel (GYM 148)  
12:10 - 1pm Yoga w/ Jacalyn (BH 6)  
1 - 2pm One-on-One (GYM 148)  
6 - 7pm Boot Camp \$ (Zoom)

## FRIDAY

8:30 - 9:30am Early Morning Stretch w/ Hans (Zoom)  
12 - 2pm One-on-One (GYM 148)  
12:10 - 1pm Suspension TRX Training w/ Jefferson (Gym 148)

**OPEN GYM 12-2PM @ GYM 148**

**OPEN POOL 12:15 - 1:00PM**

**(T, TH, F)**



**SIGN UP NOW!**

\*SCHEDULE SUBJECT TO CHANGE

\*ONE ON ONE PERSONAL TRAINING AVAILABLE\*

\*CHECK FOR AVAILABILITY\*