**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/ Ricksel (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*