

# GROUP FITNESS

Fall 2020 MON, OCT 19 – THU, DEC 10

**NO CLASSES:**  
Nov 11  
Nov 25-28

Schedule subject to change.

[arc.sdsu.edu/groupfitness](http://arc.sdsu.edu/groupfitness)  
619.594.0204



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				7:15 - 8:00 AM <b>Outdoor Boot Camp</b> Rec Field - Aryeh F. 
8:45 - 9:15 AM <b>Aztec Abs</b> Rec Field - Sofia P. 		8:45 - 9:15 AM <b>Aztec Abs</b> Rec Field - Grace G. 		
	10:15 - 11:05 AM <b>Gentle Yoga</b> Virtual Class - Chris C. 	10:15 - 11:00 AM <b>Cycling</b> Aquaplex - Grace G. 	10:15-11:00 AM <b>Deep Stretch Yoga</b> Aquaplex - Amber L. 	
11:45-12:30 PM <b>Hatha Vinyasa Yoga</b> Aquaplex - Chris C. 	11:45-12:30 PM <b>Vinyasa Yoga</b> Aquaplex - Cindy F. 	11:45-12:30 PM <b>Total Strength</b> Rec Field - Vanessa L. 		
			12:00 - 12:50 PM <b>Gentle Yoga</b> Virtual Class - Katherine S. 	12:00 - 12:30 PM <b>HIIT 30</b> Virtual Class - Sara M. 
	4:15 - 5:00 PM <b>Aqua Boot Camp</b> Aquaplex - Cali T. 	4:30 - 5:00 PM <b>TRX Boot Camp</b> Rec Field - Antonio B. 	4:15 - 5:00 PM <b>Aqua Boot Camp</b> Aquaplex - Grace G. 	4:15-5:00 PM <b>Cycling</b> Aquaplex - Bob M. 
5:45 - 6:30 PM <b>Cycling</b> Aquaplex - Michelle L. 	5:45 - 6:30 PM <b>Cycling</b> Aquaplex - Cindy S. 		5:45 - 6:30 PM <b>Cycling</b> Aquaplex - Nikki W. 	
5:45 - 6:30 PM <b>Barre Blast</b> Rec Field - Lisa L. 		5:45 - 6:30 PM <b>Cardio Dance</b> Rec Field - Kash H. 		
6:00 - 6:50 PM <b>Vinyasa Yoga</b> Virtual Class - Megan H. 	6:00-6:50 PM <b>Cardio Dance</b> Virtual Class - Julia K. 	6:00-6:30 PM <b>HIIT 30</b> Virtual Class - Sara M. 		
7:15 - 8:00 PM <b>Cycling</b> Aquaplex - Nikki W. 				
SATURDAY		SUNDAY		
9:45 - 10:30 AM <b>Total Strength</b> Rec Field - Brittney C. 				
	12:00 - 12:50 PM <b>Hatha Vinyasa Yoga</b> Virtual Class - Daniel D. 			

Classes with **HIGHLIGHT** are virtual classes.