

HALF-OFF Passes

From Monday, October 12 through rest of semester!*

GROUP FITNESS

Fall 2026 Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
F45 7 - 8 A.M.	Cycle 6:30 - 7 A.M.	Mat Pilates 7 - 7:45 P.M.	Cycle 6:30 - 7 A.M.	F45 9:30 - 10:30 A.M.	Cycle 8:30 - 9:15 A.M.
Cycle 8 - 8:30 A.M.	F45 6:30 - 7:30 A.M.	F45 7 - 8 A.M.	F45 6:30 - 7:30 A.M.	Core & Glutes 10 - 10:45 A.M.	Mat Pilates 8:30 - 9:15 A.M.
Yoga Sculpt 8:30 - 9:15 A.M.	Cycle 8 - 8:45 A.M.	Cycle 8 - 8:30 A.M.	Cycle 8 - 8:45 A.M.	Cycle 11 - 11:45 A.M.	F45 9 - 10 A.M.
F45 9:30 - 10:30 A.M.	Mat Pilates 8:30 - 9:15 A.M.	F45 9:30 - 10:30 A.M.	Yoga Sculpt 8:30 - 9:30 A.M.	F45 Noon - 1 P.M.	Tempo Training 9:45 - 10:45 A.M.
Yoga Sculpt 11:30 - 12:15 P.M.	F45 9:30 - 10:30 A.M.	Yoga Sculpt 10:30 - 11:15 A.M.	F45 9:30 - 10:30 A.M.	Yoga Sculpt 2 - 2:45 P.M.	sb Yoga Sculpt 11 - 11:45 A.M.
F45 Noon - 1 P.M.	Yoga Sculpt 11:30 - 12:15 P.M.	Cycle 11 - 11:30 A.M.	Yoga Sculpt 11 - 11:45 A.M.	Cycle 2:15 - 3 P.M.	F45 Noon - 1 P.M.
F45 2:30 - 3:30 P.M.	F45 Noon - 1 P.M.	F45 Noon - 1 P.M.	F45 Noon - 1 P.M.	F45 2:30 - 3:30 P.M.	
Mat Pilates 3 - 3:45 P.M.	F45 2:30 - 3:30 P.M.	Yoga Sculpt 1:30 - 2:15 P.M.	F45 2:30 - 3:30 P.M.	sb Yoga Sculpt 4 - 4:45 P.M.	
F45 5 - 6 P.M.	Mat Pilates 3 - 3:45 P.M.	Cycle 2 - 2:45 P.M.	Mat Pilates 3 - 3:45 P.M.	F45 4:15 - 5:15 P.M.	
Cycle 5:15 - 6 P.M.	Cycle 4 - 4:45 P.M.	F45 2:30 - 3:30 P.M.	Vinyasa Yoga 5 - 5:45 P.M.		Cycle 9:30 - 10:15 A.M.
Vinyasa Yoga 5:15 - 6 P.M.	F45 5 - 6 P.M.	Mat Pilates 3 - 3:45 P.M.	F45 5 - 6 P.M.		F45 10 - 11 A.M.
Mat Pilates 6:30 - 7:30 P.M.	Vinyasa Yoga 5 - 5:45 P.M.	Yoga Sculpt 4 - 4:45 P.M.	Mat Pilates 5:30 - 6:15 P.M.		Yoga Sculpt 10:30 - 11:30 A.M.
F45 7 - 8 P.M.	Mat Pilates 5:30 - 6:15 P.M.	F45 5 - 6 P.M.	F45 7 - 8 P.M.		Yoga Sculpt 12 - 12:45 P.M.
	F45 7 - 8 P.M.	Yoga Sculpt 5:30 - 6:15 P.M.			F45 1:30 - 2:30 P.M.
		Mat Pilates 6:30 - 7:30 P.M.			F45 4:30 - 5:30 P.M.
		F45 7 - 8 P.M.			Mat Pilates 5 - 5:45 P.M.



KEY

Class Formats

Cardio Cycle Mind Body Strength Strength & Cardio

FREE Class

South Rec Locations

Cycle Larson Room A Room B Front Foot

North Rec Locations

Desert Queenax Sunset Honors Village

NOTE

FREE week August 24 - 30
No classes on September 7, November 11, 23 - 29
HALF-OFF Group Fitness Pass begins October 12

Revised 100526

CAMPUS RECREATION

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rec.arizona.edu

"AZ-IMFit"

WELLNESS DIMENSIONS

physical social spiritual

FITNESS & WELLNESS