

SPRING 2026
GROUP FITNESS SCHEDULE

January 12 – May 10

	MON	TUE	WED	THU	FRI
6:15 A.M.	Studio Cycle Noosha Cycle Studio	Vinyasa Yoga Jacey Multi A	Total Body Conditioning Jacey Multi B	Power Yoga Noosha Multi A	Mat Pilates Noosha Multi A
6:30 A.M.	Aqua Fit Clara Pool				Aqua Fit Clara Pool
8:00 A.M.		ReggaeTONE Pilates Haleigh Multi B		ReggaeTONE Pilates Gabi Multi B	
9:00 A.M.			Studio Cycle Yara Cycle Studio		
NOON	Yoga & Meditation Adriana Multi A	Vinyasa Yoga Lehaveet Multi A	Hatha Yoga Tina Multi A	Mindful Yoga Adriana Multi A	ReggaeTONE Pilates Greta Multi A
4:30 P.M.			Music Video Cycle Brittany Cycle Studio		Barre Carmen Multi D
5:00 P.M.	Power Up Leyla Multi B	Mat Pilates Gio Multi A			
5:30 P.M.	Core to Floor Leyla Multi B	HIIT Josip Multi B	Power Yoga Kiyara Multi A	Mat Pilates Carmen Multi A	Vinyasa Yoga Tina Multi A
6:00 P.M.	Aqua Fit Jasmine Pool	Studio Cycle Bianca Cycle Studio	Aqua Fit Ramona Pool	Zumba Julie Multi B	Studio Cycle Carmen Cycle Studio
6:30 P.M.	Vinyasa Yoga Tina Multi A	Zumba Josip Multi B	Barre Carmen Multi D	Studio Cycle Yara Cycle Studio	
7:00 P.M.	Zumba Kendall Multi B	Power Yoga Suzanne Multi A	Cycle & Jam Melina Cycle Studio	Kickbox & Core Ramona Multi B	
7:30 P.M.	Studio Cycle Deirdre Cycle Studio		Stretch & Flexibility Elizabeth Multi A	Vinyasa Yoga Teddy Multi A	

	SAT	SUN
9:00 A.M.	Studio Cycle Noosha Cycle Studio	8:30 A.M. Power Yoga Noosha Multi A
9:15 A.M.	Aqua Fit Aprile Pool	9:30 A.M. Total Body Conditioning Leyla Multi B
10:00 A.M.	Vinyasa Yoga Teddy Multi A	10:30 A.M. ReggaeTONE Pilates Greta Multi A
11:00 A.M.	Smooth Sculpting Eduardo Multi B	NOON Stretch & Flexibility Elizabeth Multi A
NOON	Core Blast Eduardo Multi B	
1:00 P.M.	HIIT Eduardo Multi B	
LOCATION:		
	Multi A	Multi B
	Multi D	Pool
		Cycle Studio

FOR THE MOST RECENT
SCHEDULES VISIT US:
miami.edu/wellness

