

# GROUP FITNESS SCHEDULE

Contact [ilaria@tcnj.edu](mailto:ilaria@tcnj.edu)  
for any questions!

SPRING SEMESTER 2025

**MON**

9-10AM SPIN: Gabriella - TCNJ  
11:15AM-12:15PM SPIN: Mikaela - TCNJ  
1-2PM TOTAL BODY: John - SimplyFit  
7-8PM ZUMBA: Daniella - SimplyFit

**TUES**

9-10AM YOGA: Judi - SimplyFit  
4-5PM SPIN: Gabriella - TCNJ  
7-8PM ARMS & ABS: Tyrese - SimplyFit  
8-9PM FIT CIRCUIT: Tyrese - SimplyFit

**WED**

8:30-9:30AM SPIN: Mikaela - TCNJ  
1:30-2:30PM LEGS & ABS: John - SimplyFit  
4-5PM CARDIO KICK: Judi - SimplyFit  
6-7PM STRONG: Amanda - SimplyFit

**THURS**

10-11AM YOGA: Judi - SimplyFit  
3:30-4:30PM FIT CIRCUIT: John - SimplyFit  
5:30-6:30PM YOGA: Judi - SimplyFit

**FRI**

10-11AM SPIN: Gabriella - TCNJ

**SUN SAT**

11AM-12PM YOGA: Judi - SimplyFit