Group Fitness Schedule
Fall Session II 2026

October 12th – November 20th

Monday

Yin Yoga
11:00 am | 60 min
Studio 2-3
Nia

Beginner Calisthenics
2:30 pm | 45 min
Studio 2-3
Ben

Mat Pilates
5:00 pm | 60 min
Studio 2-3
Jordan

Zumba
5:00 pm | 60 min
RWC Studio
Fina

Guts and Butts
6:30 pm | 45 min
Studio 2-3
Abby

HIIT
7:30 pm | 60 min
Studio 2-3
Abby

Tuesday

Cycle Rush
9:00 am | 30 min
Studio 1
Cesar

Club Throwback
11:00 am | 45 min
Studio 2-3
Noah

Dance Basics
12:30 pm | 45 min
Studio 2-3
Kayleigh

Strength Circuits
4:00 pm | 60 min
Studio 2-3
Matthew

Zumba
5:30 pm | 60 min
Studio 2-3
Erica

K-Pop Koreo
7:00 pm | 60 min
RWC Studio
Fina

Wednesday

Yin Yoga
11:00 am | 60 min
Studio 2-3
Nia

Power Pilates
1:00 pm | 45 min
Studio 2-3
Sharapova

Beginner Calisthenics
2:30 pm | 45 min
Studio 2-3
Ben

Mat Pilates
5:00 pm | 60 min
Studio 2-3
Jordan

Zumba
5:00 pm | 60 min
RWC Studio
Fina

Guts and Butts
6:30 pm | 45 min
Studio 2-3
Abby

HIIT
7:30 pm | 60 min
Studio 2-3
Abby

Thursday

Cycle Rush
9:00 am | 30 min
Studio 1
Cesar

Morning Yoga
9:30 am | 60 min
Studio 2-3
Cece

Club Throwback
11:00 am | 45 min
Studio 2-3
Noah

Dance Basics
12:00 pm | 45 min
Studio 2-3
Kayleigh

Jazz Dance
1:00 pm | 45 min
Studio 2-3
Kayleigh

Strength Circuits
4:00 pm | 60 min
Studio 2-3
Matthew

Zumba
5:30 pm | 60 min
Studio 2-3
Erica

K-Pop Koreo
7:00 pm | 60 min
RWC Studio
Fina

Friday

Mat Pilates
9:00 am | 45 min
Studio 2-3
Jordan

Vinyasa Yoga
10:00 am | 60 min
Studio 2-3
Nadia

Dance Basics
12:30 pm | 45 min
Studio 2-3
Kayleigh

Strength Circuits
2:30 pm | 60 min
Studio 2-3
Matthew

Saturday

Zumba
10:15 am | 60 min
Studio 2-3
Erica

Class Descriptions

Key

Kennesaw Campus

Marietta Campus

KENNESAW STATE UNIVERSITY
DIVISION OF STUDENT AFFAIRS
University Recreation