

Pepperdine Fitness

Fall 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:45 AM: RISE Yoga @Fitness Studio Kat Ibarra					
			Noon: Pilates Mat @Fitness Studio Amanda			
12:30 PM: Strength & Conditioning @Cage Ash	Noon: Yoga @Fitness Studio Debbie	12:30 PM: Strength & Conditioning @CAGE Ash	12:30 PM: Strength & Conditioning @Cage Rachel	12:30 PM: Strength & Conditioning @Cage Ash		
3–5 PM Open Fitness Studio		3–5 PM Open Fitness Studio	4:15 PM: JiuJitsu @ Fitness Studio Tomas	1:30 PM: Yoga @Fitness Studio Isabelle		
5:30 PM: Yoga @Soccer Field/Basketball court Natalie	5:30 PM: Pilates Mat @Fitness Studio Kat Gentile	5:30 PM: Yoga @Fitness Studio Kat I. / Jenn	5:30 PM: Pilates Mat @Fitness Studio Kat Gentile			
5 PM: Sculpt & Shred @ Fitness Studio Amanda	6:30 PM: Rhythm Ride @Fitness Studio Nick	6:30 PM: JiuJitsu @Fitness Studio Will	6:30 PM: Rhythm Ride @Fitness Studio Nick			
		6:30 PM: Strength & Conditioning @Cage Rachel	7:30 PM: RISE Yoga @Fitness Studio Natalie			

Sign Up for a Group Fitness Membership



Class Descriptions, Announcements, and the Most Up-to-Date Schedule



No charge for all enrolled students

No charge for staff (HR incentive)

Spin classes are limited to **12 people**

All classes are **50 minutes**

First come first serve

CLASS LOCATIONS:

Fitness Studio (Harilela International Tennis Stadium -under the bleachers)

The CAGE: The outdoor workout facility in the tennis stadium.

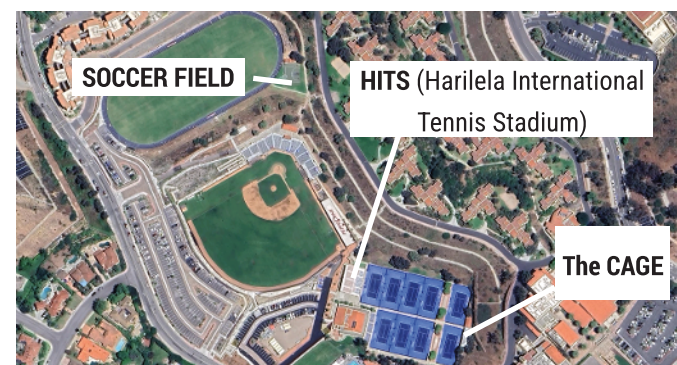
Soccer Field : Meet at the basketball court next to the soccer field.

NO CLASSES:

Sept 1: Labor Day

Nov 24–Nov 28: Thanksgiving Week

Classes begin 8/18/25 - end 12/12/25



Follow for current updates @pepperdinefitness