

Pepperdine Fitness

Spring 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8:00 AM: Rhythm Ride @Fitness Studio Nick				
12:00 PM : Barre @Fitness Studio Brittni		9:00 AM RISE Yoga@ Fitness Studio Kat Ibarra	12:00 PM: Barre @Fitness Studio Brittni			
12:30 PM: Strength & Conditioning @Cage Ash		12:30 PM: Strength & Conditioning @CAGE Ash	12:30 PM: Strength & Conditioning @Cage Rachel	12:30 PM: Strength & Conditioning @Cage Ash		
		1:00p - 5:00p OPEN FITNESS STUDIO				
	5:30 PM: Pilates Mat @Fitness Studio Kat Orellana	5:00 PM Yoga @ Fitness Studio Kat Ibarra /Jenn T.	5:30 PM: Pilates Mat @Fitness Studio Korbi			
6:00 PM: JiuJitsu @Fitness Studio Roman	6:30 PM: Rhythm Ride @Fitness Studio Nick	5:30 PM: Strength & Conditioning @Cage Rachel	6:30 PM: Rhythm Ride @Fitness Studio Nick			
			7:30 PM RISE Yoga @ Fitness Studio Natalie			

Sign Up for a DSE 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 . Please register with the DSE membership link.

All classes are 50 minutes

Classes begin: 01/12/26 - **end** 04/24/26

NO CLASSES:

Jan 19, 2026 : MLK Day

March 2- March 6: Spring Break

CLASS LOCATIONS:

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

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



Follow IG for current updates **@pepperdinefitness**