## Platinum Schedule

**April 1 - June 7**

### Monday
- **F45** 7:00AM
- **F45** 8:00AM
- **305 Fitness Cardio Dance** 8:00AM - Kelly
- **F45** 9:00AM
- **F45** 11:30AM
- **Yoga** 11:30AM - Jamele
- **F45** 12:30PM

### Tuesday
- **F45** 7:00AM
- **F45** 8:00AM
- **F45** 9:00AM
- **Yoga** 9:00AM - Marie
- **F45** 11:00AM
- **Boxing** 11:00AM - Shah
- **Power Yoga** 11:00AM - Annie
- **TRX Bootcamp** 11:00AM - Jamele

### Wednesday
- **F45** 7:00AM
- **F45** 8:00AM
- **F45** 9:00AM
- **Yoga** 9:00AM - Marie
- **F45** 11:30AM
- **Cardio Dance** 11:30AM - Linda
- **TRX Bootcamp** 11:30AM - Jamele

### Thursday
- **F45** 7:00AM
- **F45** 8:00AM
- **F45** 9:00AM
- **F45** 11:00AM
- **Barre Fusion** 11:00AM - Linda

### Friday
- **F45** 8:00AM
- **F45** 9:00AM
- **Yoga** 9:00AM - Marie
- **F45** 11:00AM
- **Barre Fusion** 11:00AM - Linda

### Saturday
- **Zumba** 6:00AM
- **Barre Sculpt** 6:00AM - Carmen

### Locations:
- **Roble Studio 115**
- **AOERC Studio 111**
- **AOERC Studio 203**
- **AOERC Cycling Studio**
- **AOERC Pool**
- **AOERC Milas Studio**
- **AOERC Courts**

### Platinum Group Fitness Pass
- **Quarterly Fees:**
  - Students: $110
  - Staff/Faculty: $160
  - Stanford Community: $170
  - BeWell: $110

**F45 classes are 45 minutes. All other classes are 50 minutes (unless otherwise indicated). All classes are designed for all fitness levels. For the safety and courtesy of all participants, individuals may not join any class after the scheduled start time.**