

Program Schedule



October 1-7 2018

Monday				Tuesday				Wednesday				Thursday			
Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C
Total Body HIIT 6:05-6:50 Bobi			Spin 6:15-7:15 Bill								Spin 6:15-7:15 Stephanie	Total Body HIIT 6:05-6:50 Bobi			
				Var. rental 7:30-8:30				NEW Group PT* 7-7:55 CANCELLED							
					Pilates Mat Int/Adv* 9-9:55 Jackie			Vball rental 7-8:30	Core Str.* 8:45-9:40 Ocean					Pilates Eq Int* 9-9:55 Jackie	
Classic Cardio 9:30-10:30 Zena	Pilates Mat Int* 9:30-10:25 Jackie			Body Sculpt 9:30-10:30 Zena				Cardio Mix 9:30-10:30 Zena	Yoga Flow* 9:45-10:40 Ocean				NEW FascialFit* 9:30-10:25 Ocean		Pilates Eq Int* 9-9:55 Jackie
Rental 10:30 - 11	Pilates Mat Int/Adv* 10:30-11:25 Jackie	Yoga Ref* 10-10:55 Ocean		Rental 10:30 - 11	Pilates Mat Ess Senior* 10:30-11:25 Jackie			Rental 10:30 - 11				Rental 10:30 - 11	Pilates Mat Ess* 10:30-11:25 Ocean		
Body Sculpt 12:05-12:55 Zena		Pilates Eq Ess* 12-12:55 CANCELLED		Tabata 12:30-1:15 Sonja			Spin 12:10-12:50 Hannah	Bootcamp 12:05-12:55 Sabrina			Pilates Eq Int* 11:30-12:25 Susan	Classic Cardio 12:05-12:40 Sonja			Spin 12:10-12:50 Hannah sub
NEW Dropin Pickleball 2:15-4:15								Pickleball Prep* CANCELLED					rental 2-4		
								Pickleball 2-4:45							
Group PT* 5:05-5:55 Sonja	Dropin Yoga 5:05-5:55 Brian		Spin 5:15-6 Gilles	Dropin Basketball 4:30-5:55			Spin 5:15-6 Stephanie	Group PT* 5:05-5:55 Sonja	Yoga Flow* 5-5:55 Stefanie W		Spin 5:15-6 Tammy	Dropin Yoga 5:05-5:55 Sara		Pilates Eq Ess* 5:15-6:10 Elspeth	Spin 5:15-6 Tammy
Heart for Life* 6-7:30 Zena	Zumba 6:30-7:30 Tina			Classic Cardio 5:30-6:30 Adele	Karate Club* 6-8			Heart for Life* 6-7:30 Mikaela	Body Sculpt 6:05-6:55 Marie			Karate Club* 6-8	Barre* 5:30-6:25 Kaycie		
cleaning 7:30-8				Strong by Zumba 6:45-7:45 Tina				Zumba 7-7:55 Tina				Pound 6:30-7:15 Kaycie			
Cheer Club* 8-10:30	Dance Club* 8-10		* no registered classes October 8	Group PT* 8-8:55 Erin CANCELLED	Dance Club* 8-10			cleaning 7:30-8				NEW Group PT* 8-8:55 Erin	rental 8-10		
				cleaning 9-10				Cheer Club* 8-10				cleaning 9-10			

Friday				Saturday				Sunday				DROP-IN CLASS DESCRIPTIONS	
Com. Rm.	St. A	St. B	St. C	Com. Rm.	St. A	St. B	St. C	Com. Rm.	St. A	St. B	St. C		
			Spin 6:15-7:15 Bill				Spin 8:30-9:30 Doug						<p>Tabata/Total Body HIIT/Bootcamp: An action packed fitness class filled with High Intensity Interval Training designed to challenge your body, burn fat and build lean muscle.</p> <p>Cardio Mix/Classic Cardio: Back to the basics with all the fun and fabulous music and moves that you love including the occasional Zumba flare.</p> <p>More Core: A focus on core strengthening for an energy packed workout that will leave you feeling fit and functional.</p> <p>Drop in Yoga: Introductory Yoga good for those who want flexibility and relaxation.</p> <p>Body Sculpt: Abs, Legs and More with a new attitude - using tubing, weights, bars, balls, balance boards, and more.</p> <p>Strong by Zumba: High intensity interval class — think burpees, pushups, and other high-impact moves — synced to specific music.</p> <p>Zumba/Zumfit: Fun, effective, easy to follow, Latin-inspired, calorie burning dance fitness party!</p> <p>Body Works: Fun filled class which challenges cardiovascular, strength and flexibility.</p> <p>Pound: A cardio jam session inspired by the energizing and sweaty fun of playing the drums.</p> <p>Spin: If you are new to spin, please arrive early to be sized for your bike. Spin classes do not require bike reservation. Arrive early to secure your bike.</p> <p>Ask for more details on registered classes.</p>
NEW Group PT* 7-7:55 Erin	Cheer Club 7-9:30												
Body Sculpt 9:30-10:30 Zena		Pilates Eq Int* NEW 9-9:55 Ocean		Group PT* 9:30-10:25 Sonja NO CLASS	Pilates Mat Int* 9-9:55 NO CLASS						Classic Cardio 10-11 Zena		
Rental 10:30 - 11	Yoga Flow* 10-10:55 Ocean				Zumba 10-10:55 Tina	Bounce Pilates* 10-10:55 NO CLASS							
Bootcamp 12:05-12:55 Rick						Pilates Eq Ess* 11-11:55 NO CLASS							
rental (MBA) 1:30-3:30	rental 1-2												
NEW Dropin Pickleball 3:30-5	Dropin Yoga 4-4:50 Sonja							Fitness in Chinese* 4-4:55 NO CLASS	Dropin Yoga 4-4:55 Stefanie B.				
	rental 5-6							Fitness in Chinese* 5-5:55 NO CLASS					
Classic Cardio 5:30-6:30 Taya				cleaning 6-7				Fitness in Chinese* 6-6:55 NO CLASS					
cleaning 8-9	Dance Club* 6-8												
							* no registered classes October 6					* no registered classes October 7	

Com. Rm.=Community Room
St. A=Studio A
St. B=Studio B
St. C=Studio C

Schedule Subject to Change- See front desk for up to date schedule
*requires registration and may have an additional class fee
^indicates Women's only classes
smu.ca/campus-life/smufit-programs-and-schedules



Pilates Mat Int*	9:30-10:25	Jackie		
Yoga Ref*	10-10:55	Ocean		
Pilates Mat Int/Adv*	10:30-11:25	Jackie		
Pilates Eq Ess*	12-12:55		CANCELLED	
Group PT*	5:05-5:55	Sonja		
Pilates Mat Int/Adv*	9-9:55	Jackie		
Pilates Eq Ess*	9:30-10:25	Ocean		?
Pilates Mat Ess Senior*	10:30-11:25	Jackie		
Pilates Eq Int*	12:30-1:25	Ocean		?
Group PT*	8-8:55	Erin	CANCELLED	
NEW Group PT*	7-7:55		CANCELLED	
Core Str.*	8:45-9:40	Ocean		
Pilates Eq Int*	9-9:55	Jackie		
Yoga Flow*	9:45-10:40	Ocean		
Pilates Eq Ess*	11:30-12:25	Susan		
Pilates Eq Int*	12:30-1:25	Susan		
Pickleball Prep*			CANCELLED	
Yoga Flow*	5-5:55	Stefanie W		
Group PT*	5:05-5:55	Sonja		
Pilates Eq Int*	5:30-6:25	Elspeth		
Pilates Eq Int*	9-9:55	Jackie		?
NEW FascialFit*	9:30-10:25	Ocean		
Pilates Mat Ess*	10:30-11:25	Ocean		
Pilates Eq Ess*	5:15-6:10	Elspeth		
Barre*	5:30-6:25	Kaycie		
NEW Group PT*	8-8:55	Erin		
NEW Group PT*	7-7:55	Erin		
Pilates Eq Int* NEW	9-9:55	Ocean		
Yoga Flow*	10-10:55	Ocean		
Pilates Mat Int*	9-9:55	NO CLASS		?
Group PT*	9:30-10:25	Sonja	NO CLASS	
Bounce Pilates*	10-10:55	NO CLASS		?
Pilates Eq Ess*	11-11:55	NO CLASS		?
Fitness in Chinese*	4-4:55	NO CLASS		
Fitness in Chinese*	5-5:55	NO CLASS		
Fitness in Chinese*	6-6:55	NO CLASS		

Pilates Mat Int*