

Program Schedule



October 15-21 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 TBD	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						Spin 12:10-12:50 Hannah	Bootcamp 12:05-12:55 Sandra			Classic Cardio 12:05-12:40 Sonja			Spin 12:10-12:50 Marie sub
				Tabata 12:30-1:15 Sonja											
NEW Dropin Pickleball 2:15-4:15								Pickleball Prep* CANCELLED							
								Pickleball 2-4:45					rental 2-4		
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 Marie sub	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 CANCELLED
					Classic Cardio 5:30-6:30 Adele									Barre* 5:30-6:25 Kaycie	
Heart for Life* 6-7:30 Zena	Zumba 6:30-7:30 Tina			Karate Club* 6-8	Strong by Zumba 6:45-7:45 Tina			Heart for Life* 6-7:30 Mikaela	Body Sculpt 6:05-6:55 Marie			Karate Club* 6-8		Pound 6:30-7:15 Kaycie	
cleaning 7:30-8				Group PT* 8-8:55 Erin CANCELLED				cleaning 7:30-8				NEW Group PT* 8-8:55 Erin			
Cheer Club* 8-10:30	Dance Club* 8-10			cleaning 9-10	Dance Club* 8-10			Cheer Club* 8-10				cleaning 9-10		rental 8-10	

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	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 Jason	Dropin Yoga 4-4:55 Stefanie B.				
Classic Cardio 5:30-6:30 Taya								Fitness in Chinese* 5-5:55 Jason					
cleaning 8-9	Dance Club* 6-8			cleaning 6-7				Fitness in Chinese* 6-6:55 Jason					

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

