

# Program Schedule



Dec 17-23 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 Stephanie								Spin 6:15-7:15 Allison C	Total Body HIIT 6:05-6:50 Bobi			
Varsity Bball 7:30-9				Varsity Bball 7:30-9				Varsity Bball 7:30-9	private training with Ocean 8:45-9:40			Varsity Bball 7:30-9			
Classic Cardio 9:30-10:30 Zena		Yoga Reformer <b>NO CLASS</b>		Body Sculpt 9:30-10:30 Zena		private training with Ocean 9:30-10:30		Cardio Mix 9:30-10:30 Zena	private training with Ocean 9:45-10:40				private training with Ocean 9-9:55		
Rental 10:30 - 11				Rental 10:30 - 11				Rental 10:30 - 11				Rental 10:30 - 11	private training with Ocean 10-10:55		
Body Sculpt 12:05-12:55 Zena							Spin <b>NO CLASS</b>	Bootcamp <b>NO CLASS</b>				Classic Mix 12:05-12:40 Sonja			Spin 12:10-12:50 Leanna
Varsity Bball 1-4				Tabata 12:30-1:15 Sonja		private training with Ocean 12:30-1:30		Varsity Bball 1-2				Varsity Bball 1-4	rental 1-3		
Dropin Pickleball 2-4				Varsity Bball 1-2				Dropin Pickleball 2-4							
<b>NEW</b> Dropin with Sonja 5:05-5:55	Dropin Yoga 5:05-5:55 Brian		Spin 5:15-6 Alison sub	Dropin Basketball 4:30-5:55			Spin 5:15-6 Alison B	<b>NEW</b> Dropin with Sonja 5:05-5:55	Dropin YogaFlow 5-5:55 Ocean <b>NEW</b>	Pilates Eq Int* <b>NO CLASS</b>	Spin 5:15-6 Marie sub	Dropin Yoga 5:05-5:55 Sara			
Heart for Life* 6-7:30 Zena <b>LAST CLASS</b>	Zumba 6:30-7:30 Tina			Classic Cardio 5:30-6:30 Adele				Heart for Life* 6-7:30 <b>NO CLASS</b>	Body Sculpt 6:05-6:55 Marie						
cleaning 7:30-8				Strong by Zumba 6:45-7:45 Tina				cleaning 7:30-8	Zumba 7-7:55 Tina						
Varsity Bball 8-10				Varsity Bball 8-10				Varsity Bball 8-10				Varsity Bball 8-10	rental 8-10		
				cleaning 9-10								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 Doug				Spin 8:30-9:30 Doug						<p><b>Tabata/Total Body HIIT/Bootcamp:</b> An action packed fitness class filled with High Intensity Interval Training designed to challenge your body, burn fat and build lean muscle.</p> <p><b>Cardio Mix/Classic Cardio:</b> Back to the basics with all the fun and fabulous music and moves that you love including the occasional Zumba flare.</p> <p><b>More Core:</b> A focus on core strengthening for an energy packed workout that will leave you feeling fit and functional.</p> <p><b>Drop in Yoga:</b> Introductory Yoga good for those who want flexibility and relaxation.</p> <p><b>Body Sculpt:</b> Abs, Legs and More with a new attitude - using tubing, weights, bars, balls, balance boards, and more.</p> <p><b>Strong by Zumba:</b> High intensity interval class — think burpees, pushups, and other high-impact moves — synced to specific music.</p> <p><b>Zumba/Zumfit:</b> Fun, effective, easy to follow, Latin-inspired, calorie burning dance fitness party!</p> <p><b>Body Works:</b> Fun filled class which challenges cardiovascular, strength and flexibility.</p> <p><b>Pound:</b> A cardio jam session inspired by the energizing and sweaty fun of playing the drums.</p> <p><b>Spin:</b> 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><b>Ask for more details on registered classes.</b></p>
Varsity Bball 7:30-9													
		private training with Ocean 9-9:55		Dropin Mat Pilates <b>NO CLASS</b>									
Body Sculpt 9:30-10:30 Zena	private training with Ocean 10-10:55			Group PT* 9:30-10:25 <b>NO CLASS</b>	Zumba 10-10:55 Tina	Dropin Pilates <b>NO CLASS</b>			Classic Cardio 10-11 Zena				
Rental 10:30 - 11													
Bootcamp <b>NO CLASS</b>						Dropin Pilates <b>NO CLASS</b>							
Varsity Bball 1-2													
Pickleball 2-4	Dropin Yoga 4-4:50 Sonja								Dropin Yoga <b>NO CLASS</b>				
Classic Cardio 5:30-6:30 Taya													
cleaning 8-9				cleaning 6-7									
Varsity Bball 8-10													

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](http://smu.ca/campus-life/smufit-programs-and-schedules)



Yoga Reformer NO CLASS

NEW Dropin with Sonja 5:05-5:55

private training with Ocean 9:30-10:30 ?

private training with Ocean 12:30-1:30 ?

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private training with Ocean 8:45-9:40

private training with Ocean 9:45-10:40

Dropin Pickleball 2-4

Dropin YogaFlow 5-5:55 Ocean NEW

NEW Dropin with Sonja 5:05-5:55

Pilates Eq Int\* NO CLASS

private training with Ocean 9-9:55

private training with Ocean 10-10:55

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private training with Ocean 9-9:55

private training with Ocean 10-10:55

Dropin Mat Pilates NO CLASS

Group PT\* 9:30-10:25 NO CLASS

Dropin Pilates NO CLASS

Dropin Pilates NO CLASS

Pilates Mat Int\*