

Program Schedule



Jan 14-20 2019

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 rental (Vball) 6:30-8:30											
					Pilates Mat Int/Adv* 9-9:55 Jackie					Core Str.* 8:45-9:40 Ocean					Pilates Eq Int* 9:15-10:10 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				FascialFit* 9:30-10:25 Ocean FULL		
Rental 10:30 - 11	Pilates Mat Int/Adv* 10:30-11:25 CANCELLED	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				Tabata 12:30-1:15 Sonja				Spin 12:10-12:50 Hannah	Bootcamp 12:05-12:55 Mikaela			Cardio Mix 12:05-12:40 Sonja			Spin 12:10-12:50 Leanna
Dropin Pickleball 2-4															
Group PT* 5:05-5:55 Sonja	Dropin Yoga 5:05-5:55 Brian			Dropin Basketball 4:30-5:55				Spin 5:15-6 Alison B	Group PT* 5:05-5:55 Sonja	Yoga Flow* 5-5:55 Ocean		Dropin Yoga 5:05-5:55 Sara			Spin 5:15-6 Tammy
Heart for Life* 6-7:30 Zena	Zumba 6:30-7:30 Tina			Karate Club* 6-8					Heart for Life* 6-7:30 Mikaela	Body Sculpt 6:05-6:55 Marie		Karate Club* 6-8			
cleaning 7:30-8									cleaning 7:30-8						
Cheer Club* 8-10:30	Dance Club* 8-10								Cheer Club* 8-10						
				cleaning 9-10	Dance Club* 8-10							cleaning 9-10		rental 8-10	Varsity rental 8-9

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 Allison				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>
	Cheer Club 7-9:30												
		Pilates Eq Int* 9-9:55 Ocean FULL			Pilates Mat Int* 9-9:55 Susan								
Body Sculpt 9:30-10:30 Zena	Yoga Flow* 10-10:55 Ocean			Group PT* 9:30-10:25 Sonja	Zumba 10-10:55 Tina	Bounce Pilates* 10-10:55 Susan			Classic Cardio 10-11 Zena				
Rental 10:30 - 11						Pilates Eq Ess* 11-11:55 Susan							
Bootcamp 12:05-12:55 Rick								Varsity rental (track) 12-2					
Drop in Pickleball 2-4													
	Dropin Yoga 4-4:50 Sonja							Fitness in Chinese* 4-4:55 Jason	Dropin Yoga 4-4:55 Stefanie B.				
	rental 5-6							Fitness in Chinese* 5-5:55 Jason					
Classic Cardio 5:30-6:30 Taya	Dance Club* 6-8			cleaning 6-7				Fitness in Chinese* 6-6:55 CANCELLED					
cleaning 8-9													

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 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 FULL ?

Core Str.* 8:45-9:40 Ocean
Pilates Eq Int* 9-9:55 Jackie
Yoga Flow* 9:45-10:40 Ocean
Pilates Eq Int* 11:30-12:25 CANCELLED
Pilates Eq Ess* 12:30-1:25 CANCELLED
#REF!

Yoga Flow* 9-5:55 Ocean
Group PT* 5:05-5:55 Sonja
Pilates Eq Int* 9:30-6:25 CANCELLED
Pilates Eq Int* 9:15-10:10 Jackie ?
FascialFit* 9:30-10:25 Ocean FULL
Pilates Mat Ess* 10:30-11:25 Ocean

Barre* 5:30-6:25 Kaycie

Pilates Eq Int* 9-9:55 Ocean FULL
Yoga Flow* 10-10:55 Ocean
Pilates Mat Int* 9-9:55 Susan ?
Group PT* 9:30-10:25 Sonja
Bounce Pilates* 10-10:55 Susan
Pilates Eq Ess* 11-11:55 Susan
Fitness in Chinese* 4-4:55 Jason
Fitness in Chinese* 5-5:55 Jason
Fitness in Chinese* 6-6:55 CANCELLED

Pilates Mat Int*