



GROUP FITNESS

Fall 26 Schedule
08/24-12/11

MON		Gravity 12:10-12:55 Zack Studio 1	Yoga 12:10-12:55 Tida Studio 3	Body Sculpt 5:15pm - 6:00pm Meagan Studio 2	Mat Pilates 6:00pm - 6:45pm Grace Studio 3
TUE			Yoga 12:10-12:55 Faye Studio 3	Yoga 5:15pm - 6:00pm Francesca Studio 3	Ride the Rhythm 6:00pm - 6:45pm Creesha Cycle Room
WED		Gravity 12:10-12:55 Zack Studio 1	Yoga 12:10-12:55 Tida Studio 3	Boxing 5:15pm - 6:00pm Michael Studio 2	Yoga 6:00pm - 6:45pm Abigelle Studio 3
THUR	Sunrise Yoga 7:30am - 8:15am Simran Studio 3		Yoga 12:10-12:55 Faye Studio 3	Yoga 5:15pm - 6:00pm Abigelle Studio 3	Cycle 6:00pm - 6:45pm Meagan Cycle Room
FRI		Gravity 12:10-12:55 Francesca Studio 1	Yoga 12:10-12:55 Faye Studio 3	Yoga 5:15pm - 6:00pm Simran Studio 3	
Cardio		Strength		Blended Format	
		Mind/Body			

Cycle Room - Previously classroom 4, upper level north side of the track

Studio 1 - Lower level, North end of the weight room behind the glass wall

Studio 3 - Upper Level, West side directly next to the track

Small Group Training Room - Lower level, next to the rock wall and vending machines

Studio 2 - Main Level, West side of the basket ball courts



<<<Classes are Free, register to save your spot!

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Follow on us IG at smucampusrec for more!