



GROUP FITNESS

STAMPEDE
08/17-08/21

MON			Yoga 12:10-12:55 Tida <i>Studio 2</i>	Cycle 5:15pm - 6:00pm Meagan <i>Studio 2</i>
TUE	Gravity 12:10-12:55 Zack <i>Studio 1</i>			Yoga 5:15pm - 6:00pm Abigelle <i>Studio 3</i>
WED			Yoga 12:10-12:55 Tida <i>Studio 3</i>	Boxing 5:15pm - 6:00pm Michael <i>Small Group Training Room</i>
THUR	Gravity 12:10-12:55 Francesca <i>Studio 1</i>			Body Sculpt 5:15pm - 6:00pm Meagan <i>Studio 2</i>
FRI			Yoga 12:10-12:55 Faye <i>Studio 3</i>	Yoga 5:15pm - 6:00pm Simran <i>Studio 3</i>

Cardio	Strength
Blended Format	Mind/Body

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

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

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

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

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



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

smu.edu/fitness
fitness@smu.edu
214-768-6879

Follow on us IG at smucampusrec for more!