



FALL 2024 FITNESS CLASSES



Classes begin September 23 - December 8

Updated 10/16

***No classes October 12 - 14, or November 23 - December 1**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Sculpt - Kate 9 - 10 a.m. capacity 40						
Yoga Sculpt - Kate 10:15 - 11:15 a.m. capacity 40						
Yoga Fusion- Ellie 12 - 1 p.m. capacity 40	Vinyasa Yoga - Ellie 12 - 1 p.m. capacity 40	Yoga Fusion - Ellie 12 - 1 p.m. capacity 40	Combat Maniac- Jerrica 12:15 - 1 p.m. Capacity 40 No class 10/24 - 11/ 21			
Combat Maniac- Jerrica 4:00 - 5:00 p.m. capacity 40 No classes 10/28 - 11/18	Power Flow - Alyssa 4 - 5 p.m. capacity 40	Vinyasa Flow -Sheyda 5:15 - 6:15 p.m. capacity 40	Evening Flow -Sheyda 4 - 5 p.m. capacity 40			
Lift and Flow - Nadia 5:15-6:15 p.m. capacity 40		Power Yoga - Sheyda 6:30 - 7:30 p.m. capacity 40	Yoga for Flexibility & Balance - Sheyda 5:15 - 6:15 p.m. capacity 40			Combat Maniac- Jerrica 6:30 - 7:30 p.m. capacity 40 No class 10/27 - 11/17
Cycling - Lily 6:30 - 7:30 p.m. capacity 11		BollyX - Julia 7:45-8:45 p.m. capacity 40				Restorative Yoga - Alyssa 7:45 - 8:45 p.m. capacity 40

Schedule is subject to change. If you have additional questions please email fitness@scu.edu. If you have a disability and require reasonable accommodations, please call the Malley Center Front Desk 408-554-4068 or 800-735-2929 (TTY-California Relay) at least 24 hours prior to the event.