



# WINTER 2026 FITNESS CLASSES

Classes begin January 5 & end March 15

\*No classes January 17 - 19, and February 14 - 16

Updated 1/23/26



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Strength & Cardio Circuit - Nadia 10:30 - 11:30 a.m.					
Vinyasa Flow All Levels - Revi noon - 1 p.m. No class 1/19 & 2/16	All Levels Vinyasa - Nadia 12:15 - 1:15 p.m.	W Vinyasa Flow All Levels - Revi noon - 1 p.m.				
Energizing Flow - Giovanna 4 - 5 p.m. No class 1/19 & 2/16		Barre - Elena 4 - 5 p.m. capacity 20				
Lift and Flow - Nadia 5:15 - 6:15 p.m. No class 1/19 & 2/16		Evening Flow Yoga - Sheyda 5:15 - 6:15 p.m.	Th Vinyasa Flow All Levels -Revi 5:15 - 6:15 p.m.	Zumba - Ananya 4 - 5 p.m.		S Restorative Yoga - Monique 5:30 - 6:30 p.m. No class 1/18 & 2/15 <i>Canceled</i>
Core and Cardio Circuit - Nadia 6:30 - 7:30 p.m. No class 1/19 & 2/16	Barre - Elena 6:30 - 7:30 p.m. capacity 20 No class 2/3	Cycling - Maggie 6:30 - 7:30 p.m. capacity 11	Th Restorative Yoga - Revi 6:30 - 7:30 p.m.			Pump Strength - Jerrica 6:45 - 7:45p.m. No class 1/18 & 2/15
		Pump Strength - Jerrica 7:45 - 8:45 p.m.				

Schedule is subject to change. No sign up needed - all classes are first come, first serve. Capacity is 40 unless noted. If you have additional questions please email [campusrec@scu.edu](mailto:campusrec@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.