

Lakeshore Sport & Fitness
Illinois Center

Mind & Body THANKSGIVING 11/19-11/25

Thanksgiving

MONDAY 11/19		TUESDAY 11/20		WEDNESDAY 11/21	
715-815AM YS	FundamentalYOGA Tatiana Morozova	715-815AM YS	VinyasaFLOWL1-L3 Manny Garcia	715-815AM YS	FundamentalYOGA Anngela Leone
1215-1PM YS	Pilates Mat Joanna Tomczynska	12-1PM YS	fundamentalYOGA Bridget Skags	1130-1215PM YS	MEGA Mat Dan Hurst
1-2PM YS	vinyasaFLOW L1-L3 Lani Granum				
545-630 YS	Pilates Mat Tatiana Morozova	6-7PM YS	vinyasaFLOW OPEN Amanda Brizic		
630-730PM YS	vinyasaYOGA L2-L3 Bridget Skaggs	7-8PM YS	fundamentalYOGA Amanda Brizic		

For more information, contact MarceloE@LakeshoreSF.com or visit www.LakeshoreSF.com



THURSDAY 11/22	FRIDAY 11/23	SATURDAY 11/24
		900-1015 VinyasaFLOWL1-L3 YS Blanca Arellano
	1215-1PM Pilates Mat YS Zineb Chraibi	
		SUNDAY 11/25
		9-1015AM vinyasaFLOW YS Manny Garcia

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Group Fitness Schedule THANKSGIVING 11/19-11/25

Thanksgiving

MONDAY 11/19		TUESDAY 11/20		WEDNESDAY 11/21	
630-715AM CS	Studio Cycling Chad Ehrhardt	630-715AM MS	CYCLE Sculpt Joanna Tomczynska	630-715AM MS	TABATAfusion Carla Coelho
630-730AM LP	\$\$ Masters Swim David Doerr	715-8AM MS	triDECAfect Joanna Tomczynska	630-730AM LP	\$\$ Masters Swim Katie Michelau
630-715AM MS	fleX! Marcelo Ehrhardt			715-745AM MS	TECHcore Carla Coelho
715-745AM MS	TECHcore Marcelo Ehrhardt				
1145-12:15PM TA	TREAD IT Jenn Hogg	1130AM-1215PM TA	TpowerDASH Jenn Hogg	1145-1215PM TA	TREAD IT Marcelo Ehrhardt
1205-1250PM Meta S	META circuit Brendan Butkus	1145-1215PM MS	TECHcore Joanna Tomczynska	1205-1250 Meta S	META circuit Bredan Butkus
1215-1PM MS	FUERZA contact Marcelo Ehrhardt	1215-1PM CS	Studio Cycling Joanna Tomczynska	1215-1PM CS	Cycle 2 the BEAT Marcelo Ehrhardt
1215-1PM CS	Studio Cycling Jenn Hogg	1215-1PM MS	BODYformula Marcelo Ehrhardt	1215-1PM MS	fleX! Melissa Metro
1-145PM MS	barreBODY Joanna Tomczynska	1-145PM MS	SETS & REPS Joanna Tomczynska		
530-6PM MS	TECHupper Marcelo Ehrhardt	530-6PM MS	TECHcore Brendan Butkus		
6-630PM MS	TECHlower Marcelo Ehrhardt	6-645PM Meta S	META circuit Brendan Butkus		
6-645PM Meta S	META circuit Joanna Tomzynska	6-645PM MS	tabataFUSION Carla Coelho		
630-715pm CS	Studio Cycling Robert Pickart				

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Thanksgiving

THURSDAY 11/22	FRIDAY 11/23	SATURDAY 11/24
		<p>9-10AM ATHLETEzone MS tonE itchell</p> <p>10-11AM strengthPLUS MS Melissa Metro</p> <p>11AM-12PM DANCE ur MASS OFF! MS Melissa Metro</p>
	<p>1145-1215pm TREAD IT CS Jenn Hogg</p> <p>1205-1250PM META circuit Meta S Joanna Tomzycynska</p> <p>1215-1PM Studio Cycling TA Jenn Hogg</p> <p>1-145PM BARREbody MS Joanna Tomzycynska</p>	<p>SUNDAY 11/25</p> <p>1030-1130AM Dance FITNESS MS Dan Hurst</p> <p>1130-1230PM BARRE FITNESS MS Dan Hurst</p>