

LSF Lincoln Park SEPTEMBER 2019 Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 Studio Cycling CS Ed Dailey	5:45-6:45 Brick Land CS Marcelo Ehrhardt	6:00-6:45 Per4mance Cycling CS Marcelo Ehrhardt	5:45-6:45 Brick Land CS Marcelo Ehrhardt	5:45-6:45 AthleteZONE MS Asia Mele	7:00-8:00 BODYformula MS Marcelo Ehrhardt	8:30-9:30 Tabata Fusion MS Tracey Green
6:00-6:45 triDECAfect MS Asia Mele	6:00-7:00 Outdoor Yoga YS Mark Kater	6:00-6:45 Tetra Sculpt MS Asia Mele	6:00-7:00 Outdoor Yoga YS Mark Kater	6:00-6:45 Studio Cycling CS Ed Dailey	7:30-9:00 Yoga SMART YS Mellody Bose	8:30-10:00 Per4manceCycling CS Bob Willems
6:45-7:45 Pilates Mat YS2 Asia Mele	7:00-7:45 Studio Cycling CS Ed Dailey	6:45-7:45 Pilates Mat YS2 Tatiana Morozova	7:00-7:45 Per4mance Cycling CS Ed Dailey	7:00-8:00 VinyasaFLOW+ YS Halle Miroglotta	8:00-9:00 DANCE fitness MS Jenny Terlinden	8:30-10:00 VinyasaFLOW YS Mark Kater
8:00-9:00 Gentle Yoga YS Mark Kater	7:00-8:00 VinyasaFLOW YS Halle Miroglotta	8:30-9:30 TABATAfusion MS Jenn Hogg	8:00-9:00 Senior Yoga YS Mark Kater	8:00-9:00 Gentle Yoga YS Halle Miroglotta	8:00-9:00 Studio Cycling CS Ed Dailey	9:30-10:30 DEFCON MS Mikhaila Woodall
8:30-9:15 DIESEL Body MS Melissa Metro	8:00-9:00 Restorative Yoga YS Halle Miroglotta	8:30-9:30 Aqua Fit RP Lisa Payovich	8:15-9:00 Pilates Mat YS2 Lisa Iantoni	8:30-9:30 Pilates Mat YS2 Zineb Chraibi	9:00-10:00 AthleteZONE MS Marcelo Ehrhardt	10:00-11:00 Pilates Mat YS2 Zineb Chraibi
8:30-9:15 TpowerDASH T4 Jenn Hogg	8:30-9:30 Interval Meltdown MS Marcelo Ehrhardt	9:00-10:00 VinyasaFLOW YS Becky Meiselman	8:30-9:15 META circuit Meta-S Jenn Hogg	8:30-9:30 FUERZAcontact (starts 9/20) MS Marcelo Ehrhardt	9:00-10:00 VinyasaFLOW YS Dave York	10:30-11:30 AthleteZONE MS TonE Mitchell
9:00-10:00 Yoga Sculpt YS Mikhaila Woodall	8:30-9:30 Aqua Fit RP Asia Mele	9:15-10:00 Pilates Mat+ YS2 Zineb Chraibi	8:30-9:15 Aqua Fit RP Asia Mele	8:30-9:15 TpowerDASH T4 Carla Coelho	9:00-10:00 BarreEVOLUTION YS2 Jenny Terlinden	10:30-11:45 VinyasaFLOW+ YS Mikhaila Woodall
9:15-9:30 Fierce Abs MS Nicole Thomas	9:00-10:00 Hatha Yoga YS Halle Miroglotta	9:15-10:15 Studio Cycling CS Bob Willems	8:30-9:30 FUERZA Kickboxing MS Marcelo Ehrhardt	9:00-10:00 Hatha Yoga YS Halle Miroglotta	9:15-10:00 Per4mance Cycling CS Ed Dailey	11:30-12:00 TECH Core MS TonE Mitchell
9:15-10:00 Pilates Mat+ YS2 Zineb Chraibi	9:30-10:15 Per4mance Cycling CS Marcelo Ehrhardt	9:30-10:15 Tread It T3 Jenn Hogg	9:00-10:00 Yoga Sculpt YS Halle Miroglotta	9:15-10:15 Per4mance Cycling CS Bob Willems	10:00-11:00 Cardio Kickboxing MS Nicole Thomas	12:00-1:00 Yoga Sculpt YS Mikhaila Woodall
9:15-10:15 Studio Cycling CS Ed Dailey	9:30-10:15 Tread It T3 Ed Dailey	9:30-10:30 StepFUSION MS Nicole Thomas	9:30-10:15 Tread It T3 Ed Dailey	9:30-10:30 Barre Body # YS2 Mikhaila Woodall	10:00-11:00 Gentle Yoga YS Dave York	
9:30-10:30 Cardio Kickboxing MS Nicole Thomas	9:30-10:30 fleX! MS Jenn Hogg	10:00-11:00 Hatha Yoga YS Rhonda Duffaut	9:30-10:30 Full Body Architect MS Nicole Thomas	9:30-10:30 Full Body Architect MS Melissa Metro	11:00-12:00 Tabata Fusion MS Carla Coelho	
10:00-11:00 VinyasaFLOW YS Audrey Schwegel	10:00-11:00 Yoga SMART YS Mikhaila Woodall	10:30-11:30 Body Conditioning MS Lisa Payovich	10:00-11:15 VinyasaFLOW+ YS Mikhaila Woodall	10:30-11:30 Yoga Sculpt YS Mikhaila Woodall	11:00-12:00 YogaSMART YS Mikhaila Woodall	
10:00-11:00 Barre Body # YS2 Mikhaila Woodall	10:30-11:30 Pilates Mat YS2 Lisa Iantoni	12:00-1:00 Gentle Yoga YS Mark Kater	5:00-6:00 VinyasaBASICS YS Mikhaila Woodall	12:00-1:30 Crystal Bowl Yoga YS Mark Kater	12:00-1:00 Yoga Sculpt YS Mikhaila Woodall	
10:30-11:30 CardioARCHITECT MS Mark Kater	12:00-1:00 Outdoor Yoga YS Mikhaila Woodall	4:30-5:30 Cycle Sculpt CS Brent Holten	5:15-5:45 TECH core MS TonE Mitchell	5:30-6:30 VinyasaFLOW YS Audrey Schwegel		
12:00-1:00 Hatha Yoga YS Mark Kater	4:30-6:00 VinyasaFLOW YS Audrey Schwegel	5:00-6:00 Restorative Yoga YS Sandy Nowarita	5:45-6:30 TETRA sculpt MS TonE Mitchell			
4:30-5:30 VinyasaFLOW YS Brendan Butkus	4:30-6:00 VinyasaFLOW YS Audrey Schwegel	5:30-6:15 fleX! MS Carla Coelho	5:45-6:45 Per4mance Cycling CS Bob Willems			
5:30-6:30 VinyasaBASICS YS Becky Meiselman	6:00-6:30 Tread It T4 Ed Dailey	6:15-6:30 TECH Core MS Carla Coelho	6:00-7:00 Yoga Sculpt MS Mikhaila Woodall			
5:30-6:30 Tabata Fusion MS Brendan Butkus	5:45-6:45 Muscle TECH MS Asia Mele	6:30-8:00 Wine Down Yoga YS Mikhaila Woodall	6:30-7:15 Zumba MS Natalia Montalvo			
6:30-6:45 Meditation YS Becky Meiselman	6:00-7:00 Yoga Sculpt YS Julian Hester					
6:30-7:30 DEFCON MS Tracey Green	6:30-7:15 Studio Cycling CS Ed Dailey					
7:30-8:30 WERQ Dance MS Tracey Green						

Class Descriptions and Studio Key on back of schedule. For more information contact Group Fitness Director, **Marcelo Ehrhardt** marceloe@lakeshoresf.com or visit www.LakeshoreSF.com Download our app MyLSF!