

LSF Lincoln Park Labor Day WEEK Holiday Schedule 8/27 to 9/2

TUESDAY 8/27	WEDNESDAY 8/28	THURSDAY 8/29	FRIDAY 8/30	SATURDAY 8/31	SUNDAY 9/1	Monday 9/2
5:45-6:45 Brick Land CS Marcelo Ehrhardt	6:00-6:45 Studio Cycling CS Marcelo Ehrhardt	5:45-6:45 Brick Land CS Marcelo Ehrhardt	5:45-6:45 AthleteZONE MS Joanna Tomczynska	7:00-8:00 BODYformula MS Marcelo Ehrhardt	8:30-9:30 Tabata Fusion MS Tracey Green	8:30-9:15 Full Body Architect MS Nicole Thomas
6:00-7:00 Outdoor Yoga YS Mark Kater	6:00-6:45 Tetra Sculpt MS Joanna Tomczynska	6:00-7:00 Outdoor Yoga YS Mark Kater	6:00-6:45 Studio Cycling CS Ed Dailey	7:30-9:00 VinyasaFLOW YS Mark Kater	8:30-10:00 Studio Cycling CS Bob Willems	9:00-10:00 Yoga Sculpt YS Julian Hester
7:00-7:45 Studio Cycling CS Ed Dailey	6:45-7:45 Pilates Mat YS2 Tatiana Morozova	7:00-7:45 Studio Cycling CS Ed Dailey	7:00-8:00 VinyasaFLOW+ YS Brendan Butkus	8:00-9:00 DANCE fitness MS Tracey Green	8:30-10:00 VinyasaFLOW YS Mark Kater	9:15-9:30 Fierce Abs MS Nicole Thomas
7:00-8:00 VinyasaFLOW YS Halle Miroglotta	8:30-9:30 TABATAfusion MS Jenn Hogg	7:00-8:00 VinyasaFLOW YS Audrey Schwegel	8:00-9:00 Gentle Yoga YS Brendan Butkus	8:00-9:00 Studio Cycling CS Ed Dailey	9:30-10:30 DEFCON MS Tracey Green	9:15-10:00 Pilates Mat+ YS2 Zineb Chraibi
8:00-9:00 Restorative Yoga YS Halle Miroglotta	9:00-10:00 VinyasaFLOW YS Becky Meiselman	8:00-9:00 Senior Yoga YS Mark Kater	8:30-9:30 Pilates Mat YS2 Zineb Chraibi	8:15-9:00 TpowerDASH CS Marcelo Ehrhardt	10:00-11:00 Pilates Mat YS2 Zineb Chraibi	9:15-10:15 Studio Cycling CS Ed Dailey
8:30-9:30 Interval Meltdown MS Marcelo Ehrhardt	9:15-10:00 Pilates Mat+ YS2 Zineb Chraibi	8:15-9:00 Pilates Mat YS2 Lisa Iantoni	8:30-9:30 FUERZAcontact MS Marcelo Ehrhardt	9:00-10:00 AthleteZONE MS Marcelo Ehrhardt	10:30-11:30 AthleteZONE MS TonE Mitchell	9:30-10:30 Cardio Kickboxing MS Nicole Thomas
8:30-9:30 Aqua Fit RP Joanna Tomczynska	9:15-10:15 Studio Cycling CS Bob Willems	8:30-9:15 Aqua Fit RP Joanna Tomczynska	9:00-10:00 Hatha Yoga YS Brendan Butkus	9:00-10:00 VinyasaFLOW YS Dave York	11:30-12:00 TECH Core MS TonE Mitchell	10:30-11:30 CardioARCHITECT MS Mark Kater
9:00-10:00 Hatha Yoga YS Halle Miroglotta	9:30-10:15 Tread It T3 Jenn Hogg	8:30-9:30 FUERZA Kickboxing MS Marcelo Ehrhardt	9:15-10:15 Studio Cycling CS Bob Willems	9:00-10:00 BarreEVOLUTION YS2 Tracey Green		12:00-1:00 VinyasaFLOW YS Mark Kater
9:30-10:15 Studio Cycling CS Marcelo Ehrhardt	9:30-10:30 StepFUSION MS Nicole Thomas	9:00-10:00 Yoga Sculpt YS Halle Miroglotta	9:30-10:30 Barre Body # YS2 Mikhaila Woodall	9:15-10:00 Studio Cycling CS Ed Dailey		
9:30-10:15 Tread It T3 Ed Dailey	10:00-11:00 Hatha Yoga YS Rhonda Duffaut	9:30-10:15 Tread It T3 Ed Dailey	9:30-10:30 Full Body Architect MS Marcelo Ehrhardt	10:00-11:00 Cardio Kickboxing MS Nicole Thomas		
9:30-10:30 flex! MS Jenn Hogg	12:00-1:00 Gentle Yoga YS Mark Kater	9:30-10:30 Full Body Architect MS Nicole Thomas	10:30-11:30 Yoga Sculpt YS Mikhaila Woodall	10:00-11:00 Gentle Yoga YS Dave York		
10:00-11:00 Yoga SMART YS Mikhaila Woodall	5:00-6:00 Restorative Yoga YS Zineb Chraibi	10:00-11:15 VinyasaFLOW+ YS Mikhaila Woodall	12:00-1:00 Senior Yoga YS Mark Kater	11:00-12:00 Tabata Fusion MS Marcelo Ehrhardt		
10:30-11:30 Pilates Mat YS2 Lisa Iantoni	5:30-6:15 flex! MS Carla Coelho	12:00-1:00 Outdoor Yoga YS Tyra Notorangelo		1:00-2:00 VinyasaBASICS YS Brendan Butkus		
12:00-1:00 Outdoor Yoga YS Mikhaila Woodall	5:30-6:30 MEGA Mat YS2 Mikhaila Woodall	5:00-6:00 VinyasaBASICS YS Mikhaila Woodall				
4:30-6:00 VinyasaFLOW YS Audrey Schwegel	6:15-6:30 TECH Core MS Carla Coelho	6:00-7:00 Yoga Sculpt YS Mikhaila Woodall				
6:00-6:30 Tread It T4 Ed Dailey	6:30-8:00 Wine Down Yoga YS Mikhaila Woodall					
5:45-6:45 Muscle TECH MS Joanna Tomczynska						
6:00-7:00 Yoga Sculpt YS Julian Hester						
6:45-7:00 TECH core MS Joanna Tomczynska						
6:30-7:15 Studio Cycling CS Ed Dailey						
7:00-8:00 ATHLETEzone MS Joanna Tomczynska						

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!