

## LSF Lincoln Park September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:15 <b>TriDECAfect</b> MS Dillon Kelleher	5:45-6:45 <b>Brick Land</b> CS Marcelo Ehrhardt	6:30-7:30 <b>FitRX</b> MS Karen Campion	5:45-6:30 <b>Brick Land</b> CS Marcelo Ehrhardt	5:15-6:15 <b>ATHLETEzone</b> MS Dillon Kelleher	6:45-7:45 <b>BODYformula</b> MS Marcelo Ehrhardt	7:00-8:00 <b>Tabata Fusion</b> MS Carla Coelho
6:00-7:00 <b>Masters Swim</b> LP John Morrison	6:00-7:00 <b>Masters Swim</b> LP Julie Lockwood	6:45-7:45 <b>Pilates Mat</b> RTL Tatiana Morozova	6:00-7:00 <b>Masters Swim</b> LP Katie Michela	7:00-8:00 <b>Outdoor Bootcamp</b> STF Tracey Green	7:00-8:00 <b>Masters Swim</b> LP Julie Lockwood	8:15-9:15 <b>Outdoor Tabata</b> STF Tracey Green
6:30-7:30 <b>Outdoor Conditioning</b> STF Dillon Kelleher	6:00-7:00 <b>Outdoor Hatha</b> RTL Mark Kater	8:15-9:15 <b>Step Fusion</b> MS Nicole Thomas	6:00-7:00 <b>Outdoor Hatha</b> RTL Mark Kater	8:15-9:15 <b>FUERZAcontact</b> MS Marcelo Ehrhardt	7:30-9:00 <b>Outdoor Yoga Smart</b> RTL Mellody Bose	8:30-10:00 <b>Outdoor Cycling</b> SC Bob Willems
7:45-8:45 <b>Outdoor Conditioning</b> RTL Karen Campion	6:30-7:30 <b>TabataFUSION</b> MS Katie Simmons	9:00-10:00 <b>Yoga Sculpt</b> YS1 Katie Buschke	6:30-7:30 <b>BODYformula</b> MS Marcelo Ehrhardt	8:30-9:30 <b>Outdoor Yoga</b> RTL Devin Becaw	8:00-9:00 <b>ATHLETEzone</b> MS Marcelo Ehrhardt	8:30-10:00 <b>Outdoor Yoga</b> RTL Mark Kater
9:30-10:30 <b>Outdoor Cycling</b> SC Ed Dailey	8:15-9:15 <b>Outdoor Cycling</b> SC Ed Dailey	9:30-10:30 <b>Outdoor Cycling</b> SC Bob Willems	8:15-9:15 <b>Outdoor Cycling</b> SC Ed Dailey	9:30-10:30 <b>Outdoor Cycling</b> SC Bob Willems	8:30-9:30 <b>Outdoor Cycling</b> SC Ed Dailey	9:30-10:30 <b>Outdoor Conditioning</b> STF Dillon Kelleher
9:00-10:00 <b>FUERZAKickboxing</b> MS Karen Campion	8:15-9:15 <b>Interval Meltdown</b> STF Marcelo Ehrhardt	9:30-10:30 <b>FullBodyArchitect</b> STF Nicole Thomas	8:30-9:30 <b>FUERZAKickboxing</b> MS Marcelo Ehrhardt	9:30-10:30 <b>Full Body Architect</b> STF Nicole Thomas	9:15-10:15 <b>Outdoor ATHLETEzone</b> STF Marcelo Ehrhardt	10:30-11:30 <b>Outdoor Yoga</b> RTEL Devin Becaw
10:15-11:15 <b>Outdoor Yoga</b> RTL Tyra Notorangelo	8:15-9:15 <b>Tread It</b> TA Chad Ehrhardt	10:15-11:15 <b>Hatha Yoga</b> RTL Rhonda Duffaut	9:30-10:30 <b>Tread It</b> TA Ed Daily	9:45-10:45 <b>Outdoor Barre Strength</b> RTW Melissa Metro	10:00-11:00 <b>Outdoor Cycling</b> SC Ed Dailey	10:45-11:45 <b>Outdoor ATHLETEzone</b> STF Dillon Kelleher
10:45-11:45 <b>Cycle Sculpt</b> SC Carla Coelho	9:15-10:15 <b>Pilates Mat</b> YS2 Tatiana Morozova	10:45-11:45 <b>FitRX</b> MS Karen Campion	9:45-10:45 <b>BODYFormula</b> MS Marcelo Ehrhardt	10:45-11:45 <b>Full Body Architect</b> MS Nicole Thomas	10:30-11:30 <b>FUERZAKickboxing</b> MS Karen Campion	12:00-1:00 <b>Outdoor Yoga Sculpt</b> STF Julian Hester
10:45-11:45 <b>Retro Sculpt</b> MS Mark Kater	9:30-10:30 <b>Cardio kickboxing</b> MS Nicole Thomas	11:30-12:30 <b>Outdoor Yoga Sculpt</b> RTL Julian Hester	9:45-10:45 <b>Outdoor Yoga Sculpt</b> RTL Mikhaila Woodall	11:00-12:00 <b>Outdoor Pilates Mat</b> RTL 1 Zineb Chraibi	10:30-11:30 <b>Outdoor Yoga</b> RTL Mikhaila Woodall	
12:00-1:00 <b>Outdoor Hatha</b> STF Mark Kater	9:30-10:30 <b>Interval Meltdown</b> STF Marcelo Ehrhardt	12:00-1:00 <b>Outdoor Yoga</b> STF Mark Kater	12:00-1:00 <b>Tabata Fusion</b> STF Carla Coelho	12:00-1:00 <b>Crystal Bowl Healing Yoga</b> YS 1 Mark Kater	11:45-12:45 <b>FitRX</b> MS Karen Campion	
1:30-2:30 <b>Outdoor Yoga Sulpt</b> RTL Mikhaila Woodall	9:30-10:30 <b>Tread It</b> TA Ed Daily	12:00-1:00 <b>Pilates Reformer \$\$</b> PRF Lisa Iantoni	1:30-2:30 <b>Outdoor Yoga</b> STF Dave York	12:00-1:00 <b>Pilates Reformer \$\$</b> PRF Lisa Iantoni	11:45-12:45 <b>Outdoor Yoga Sculpt</b> RTL Mikhaila Woodall	
3:00-4:00 <b>Outdoor Barre</b> STF Nicole Thomas	9:45-10:45 <b>Outdoor BarreBody</b> RTW Mikhaila Woodall	4:15-5:15 <b>Outdoor Barre</b> RTL Mikhaila Woodall	3:00-4:00 <b>Outdoor Yoga Sculpt</b> STF Julian Hester	12:00-1:00 <b>Outdoor DEFCON</b> STF Mikhaila Woodall	4:30-5:30 <b>Outdoor Yoga</b> RTL Devin Becaw	
4:00-5:00 <b>Outdoor Yoga</b> RTL Manny Garcia	12:00-1:00 <b>Outdoor TabataFusion</b> RTL Mikhaila Woodall	4:30-5:30 <b>BODYformula</b> STF Marcelo Ehrhardt	5:30-6:30 <b>Outdoor Conditioning</b> STF Tracey Green	1:30-2:30 <b>Outdoor Yoga Sculpt</b> RTW Mikhaila Woodall		
5:00-6:00 <b>Outdoor Tabata</b> STF Melissa Metro	1:30-2:30 <b>Outdoor Yoga</b> STF Dave York	5:30-6:30 <b>Outdoor Yoga</b> RTL Mikhaila Woodall	5:30-6:30 <b>Outdoor Cycling</b> SC Bob Willems	3:00-4:00 <b>Hatha Yoga</b> STF Rhonda Duffaut		
6:00-7:00 <b>Outdoor Yoga Sculpt</b> RTL Julian Hester	4:30-5:30 <b>Outdoor ATHLETEzone</b> STF Dillon Kellher	5:45-6:45 <b>Cycle Sculpt</b> SC Marcelo Ehrhardt		4:30-5:30 <b>Outdoor Tabata Fusion</b> STF Carla Coelho		
6:00-7:00 <b>Hatha Yoga</b> YS1 Manny Garcia	5:30-6:30 <b>Vinyasa Yoga</b> RTL Elena Katsulis	6:45-7:45 <b>Outdoor Yoga Sculpt</b> RTL Mikhaila Woodall		5:45-6:45 <b>Cycle Sculpt</b> SC Carla Coelho		
6:15-7:15 <b>Outdoor Bootcamp</b> STF Dillon Kelleher	5:30-6:30 <b>Outdoor Cycling</b> SC Ed Dailey					
7:15-8:015 <b>Outdoor Yoga</b> RTL Manny Garcia	5:45-6:45 <b>Outdoor DEFCON</b> STF Dillon Kellher					
	7:00-8:00 <b>Vinyasa Yoga</b> RTL Elena Katsulis		There is a 15 dollar no show fee for all classes	<b>SPACE LEGEND</b> RTL- ROOF TOP LAWN	<b>SPACE LEGEND</b> SC- Street Cycle	<b>SPACE LEGEND</b> YS- Yoga Studio
			Classes that are outdoor have a rain plan/heat plan for	<b>SPACE LEGEND</b> STF- STREET TURF	<b>SPACE LEGEND</b> MS- Main Studio	<b>SPACE LEGEND</b> CS- Cycling Studio
				<b>SPACE LEGEND</b> YS2- Yoga Studio 2	<b>SPACE LEGEND</b> LP- Lap Pool	
				<b>SPACE LEGEND</b> PRF- Pilates Reformer Studio		

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