

Lakeshore Sport & Fitness
Illinois Center

Core Strength LABORD DAY SCHEDULE

LABOR DAY

THURSDAY 8/30		FRIDAY 8/31		SATURDAY 9/1	
715-815AM YS	vinyasaFLOW OPEN Manny Garcia	715-815AM YS	VinyasaFLOWL1-L3 Tatiana Morozova	900-1015 YS	VinyasaFLOWL1-L3 Angela Leone
				1015-11AM YS	Pilates Mat Tatiana Morozova
				11-12pm YS	powerFLOW L2-L3 Tatiana Morozova
1215-115PM YS	fundamentalYOGA Bridget Skaggs	1215-1PM YS	Pilates Mat Zineb Chraibi	SUNDAY	
		1-2PM YS	POWERflowL2-L3 Alissa Rasis		
		6-7PM YS	candleLIGHT-YOGA Jack Ryan		

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



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Core Strength LABORD DAY SCHEDULE

Labor Day

MONDAY 9/3	TUESDAY 9/4	
	715-815AM YS VinyasaFLOWL1-L3 Manny Garcia	
	12-1PM YS fundamentalYOGA Bridget Skags	
	6-7PM YS vinyasaFLOW OPEN Amanda Brizic	

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Group Fitness Schedule **LABORD DAY SCHEDULE**

Labor Day

THURSDAY 8/30		FRIDAY 8/31		SATURDAY 9/1	
630-715AM MS	FUERZAcontact Matthew Modleski	630-715AM CS	CYCLE Sculpt Carla Coelho	8-9AM MS	SETS & REPS Matthew Modleski
715-745AM MS	fleX! Matthew Modleski	630-730AM LP	\$\$ Masters Swim Dave Doerr	9-10AM Meta S	META circuit Matthew Modleski
1130-1215PM TA	Tpower Dash Marcelo Ehrhardt			10-11AM CS	Studio Cycling Matthew Modleski
1215-1PM MS	FUERZAcontact Marcelo Ehrhardt	1215-1PM CS	TREAD IT Carla Coelho		
1215-1PM CS	Studio Cycling Sandra Contreras	1215-1PM CS	Studio Cycling Carla Coelho		
1-145PM MS	SETS & REPS Marcelo Ehrhardt				
515-545PM MS	TECHcore Devin Buchanan				
545-630PM MS	TETRAsculpt Devin Buchanan				
				SUNDAY 9/2	
				1030-1130am MS	Studio Cycling Sandra Contreras
				1130-1230pm MS	Body Conditioning Sandra Contreras

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Group Fitness Schedule LABOR DAY

LABOR DAY

MONDAY 9/3		TUESDAY 9/4		
		630-715am CS	Studio Cycling Joanna Tomczynska	
		715-8am MS	triDECAfect Joanna Tomczynska	
		1130AM-1215PM TA	TpowerDASH Jenn Hogg	
1145-12:15PM TA	TREAD IT Ed Dailey	1145-1215PM MS	Tech Core Joanna Tomczynska	
1215-1PM CS	Studio Cycling Ed Dailey	1215-1PM CS	Studio Cycling Joanna Tomczynska	
1215-1PM MS	Body Conditioning Carla Coelho	1215pm MS	Body Conditioning Sandra Contreras	
		1-145PM MS	Sets & Reps Joanna Tomczynska	
		530-6PM MS	TECHcore Brendan Butkus	
		6-645PM Meta S	META circuit Brendan Butkus	
		6-645PM MS	tabataFUSION Carla Coelho	

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