

Lakeshore Sport & Fitness
Illinois Center

Mind & Body November

Nov-18

MONDAY		TUESDAY		WEDNESDAY	
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			1215-115PM YS	vinyasaFLOW Halle Miroglotta
545-630 YS	Pilates Mat Tatiana Morozova	515-6PM YS	Pilates Mat Joanna Tomczynska	530-630PM YS	vinyasaYOGA open Carolyn Schalansky
630-730PM YS	vinyasaYOGA L2-L3 Bridget Skaggs	6-7PM YS	vinyasaFLOW OPEN Amanda Brizic	630-730PM YS	powerFLOW YOGA Bridget Skags
		7-8PM YS	fundamentalYOGA Amanda Brizic		

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



THURSDAY		FRIDAY		SATURDAY	
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		
		1-2PM YS	POWERflowL2-L3 Alissa Raisis		
				SUNDAY	
				9-1015AM YS	POWERflow Open Alissa Raisis
				1030-1115AM YS	Pilates Mat Tatiana Morozova
530-630PM YS	FundamentalYOGA Halle Miroglotta	6-7PM YS	candleLIGHT-YOGA Jack Ryan		
630-730PM YS	Hatha Yoga Halle Miroglotta				

Lakeshore Sport & Fitness
Illinois Center

Group Fitness Schedule NOVEMBER

Nov-18

MONDAY		TUESDAY		WEDNESDAY	
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	630-715AM CS	Studio Cycling Ed Dailey
630-715AM MS	fleX! Marcelo Ehrhardt	8-845AM MS	META circuit tonE Mitchell	630-730AM LP	\$\$ Masters Swim Katie Michelau
715-745AM MS	TECHcore Marcelo Ehrhardt			715-745AM MS	TECHcore Carla Coelho
1145-12:15PM TA	TREAD IT Ed Dailey	1130AM-1215PM TA	TpowerDASH Jenn Hogg	1145-1215PM TA	TREAD IT Marcelo Ehrhardt
1205-1250PM Meta S	META circuit Jenn Hogg	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 Ed Dailey	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	530-630PM MS	ZUMBA Mary Firth
6-630PM MS	TECHlower Marcelo Ehrhardt	6-645PM Meta S	META circuit Brendan Butkus	545-630PM CS	Studio Cycling Ed Dailey
6-645PM Meta S	META circuit Joanna Tomczynska	6-645PM MS	tabataFUSION Carla Coelho	615-7PM Meta S	META circuit Tim Iberle
630-715pm CS	Studio Cycling Robert Pickart	615-7PM CS	Studio Cycling Joanna Tomczynska	630-715PM MS	FUERZAcontact Jenn Hogg

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



Lakeshore Sport & Fitness
Illinois Center

Group Fitness Schedule p.2

Nov-18

THURSDAY		FRIDAY		SATURDAY	
630-715AM MS	FUERZAcontact Matthew Modleski	615-7AM Meta S	META circuit Bri Perl	8-9AM MS	SETS & REPS Matthew Modleski
715-745AM MS	fleX! Matthew Modleski	630-715AM CS	CYCLE Sculpt Carla Coelho	9-10AM Meta S	META circuit Matthew Modleski
8-845AM MS	BARRE FITNESS Dan Hurst	630-730AM LP	\$\$ Masters Swim Julie Feingold	9-10AM MS	ATHLETEzone tonE itchell
1130-1215PM TA	Tpower Dash Marcelo Ehrhardt	1145-1215pm CS	TREAD IT Jenn Hogg	10-11AM CS	Studio Cycling Matthew Modleski
1215-1PM MS	FUERZAcontact Marcelo Ehrhardt	12-1230PM MS	TECHupper Carla Coelho	10-11AM MS	strengthPLUS Melissa Metro
1215-1PM CS	Studio Cycling Matthew Modleski	1205-1250PM Meta S	META circuit Joanna Tomzcyńska	11AM-12PM MS	DANCE ur MASS OFF! Melissa Metro
1-145PM MS	SETS & REPS Marcelo Ehrhardt	1215-1PM TA	Studio Cycling Jenn Hogg	SUNDAY	
		1230-1PM MS	TECHlower Carla Coelho	930-1030AM MS	ATHLETEzone Tatiana Morozova
		1-145PM MS	BARREbody Joanna Tomzcyńska	1030-1130AM MS	Dance FITNESS Dan Hurst
515-545PM MS	TECHcore Devin Buchanan	530-615PM MS	DANCE ur MASS OFF! Melissa Metro	1130-1230PM MS	BARRE FITNESS Dan Hurst
545-630PM MS	TETRAsculpt Devin Buchanan	530-615PM CS	Cycle Party Robert Pickart		
		615-7PM MS	SETS & REPS Melissa Metro		

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

