

LP GF July 4th Schedule 7.1 to 7.7

MONDAY 7.1	TUESDAY 7.2	WEDNESDAY 7.3	THURSDAY 7.4	FRIDAY 7.5	SATURDAY 7.6	SUNDAY 7.7
6:00-6:45 Studio Cycling CS Ed Dailey	5:45-6:45 Brick Land CS Marcelo Ehrhardt	6:00-6:45 Studio Cycling CS Marcelo Ehrhardt	6:30-7:30 Brick Land CS Marcelo Ehrhardt	5:45-6:45 AthleteZONE MS Joanna Tomczynska	6:15-7:00 Brick Land CS Marcelo Ehrhardt	8:30-9:30 Tabata Fusion MS Tracey Green
6:00-6:45 triDECAfect MS Joanna Tomczynska	7:00-7:45 Studio Cycling CS Ed Dailey	6:00-6:45 Tetra Sculpt MS Joanna Tomczynska	8:30-9:30 Studio Cycling CS Ed Dailey	7:00-8:00 VinyasaFLOW+ YS Halle Miroglotta	7:00-8:00 BODYformula MS Marcelo Ehrhardt	8:30-9:30 Studio Cycling CS Robert Pickart
6:45-7:45 Pilates Mat YS2 Joanna Tomczynska	7:00-8:00 VinyasaFLOW YS Halle Miroglotta	6:45-7:45 Pilates Mat YS2 Tatiana Morozova	8:30-9:30 FUERZA Kickboxing MS Marcelo Ehrhardt	8:00-9:00 Gentle Yoga YS Halle Miroglotta	8:00-9:00 DANCE fitness MS Jenny Terlinden	8:30-10:00 VinyasaFLOW YS Mark Kater
8:30-9:15 tripleBLOCKtraining MS Melissa Metro	8:00-9:00 Restorative Yoga YS Halle Miroglotta	8:30-9:30 TABATAfusion MS Jenn Hogg	9:00-10:00 Yoga Sculpt YS Halle Miroglotta	8:30-9:30 Pilates Mat YS2 Zineb Chraibi	8:00-9:00 Studio Cycling CS Jenn Hogg	9:30-10:30 Tetra Sculpt MS Mikhaila Woodall
9:00-10:00 Yoga Sculpt YS Mikhaila Woodall	8:30-9:30 MEGA Mat YS2 Dan Hurst	8:30-9:30 Meta Circuit # MeS Joanna Tomcznska	9:30-10:15 Tread It T3 Ed Dailey	8:30-9:30 Zumba MS Natalia Montalvo	8:15-9:00 TpowerDASH CS Marcelo Ehrhardt	10:00-11:00 Pilates Mat YS2 Zineb Chraibi
9:15-9:30 Fierce Abs MS Nicole Thomas	8:30-9:30 Interval Meltdown MS Marcelo Ehrhardt	8:30-9:30 Aqua Fit RP Lisa Payovich	9:30-10:30 Full Body Architect MS Nicole Thomas	8:30-9:15 TpowerDASH T4 Marcelo Ehrhardt	9:00-10:00 AthleteZONE MS Marcelo Ehrhardt	10:30-11:30 AthleteZONE MS TonE Mitchell
9:15-10:00 Pilates Mat+ YS2 Zineb Chraibi	8:30-9:30 Aqua Fit RP Joanna Tomczynska	9:00-10:00 VinyasaFLOW YS Becky Meiselman	10:00-11:15 VinyasaFLOW+ YS Mikhaila Woodall	9:00-10:00 Hatha Yoga YS Halle Miroglotta	9:00-10:00 VinyasaFLOW YS Dave York	10:30-11:45 VinyasaFLOW+ YS Mikhaila Woodall
9:15-10:15 Studio Cycling CS Ed Dailey	9:00-10:00 Hatha Yoga YS Halle Miroglotta	9:15-10:00 Pilates Mat+ YS2 Zineb Chraibi		9:15-10:15 Studio Cycling CS Bob Willems	9:00-10:00 BarreEVOLUTION YS2 Jenny Terlinden	11:00-11:45 Meta Circuit # MeS Tracey Green
9:30-10:30 Cardio Kickboxing MS Nicole Thomas	9:30-10:15 Studio Cycling CS Marcelo Ehrhardt	9:15-10:15 Studio Cycling CS Bob Willems		9:30-10:30 Barre Body # YS2 Mikhaila Woodall	9:15-10:00 Studio Cycling CS Jenn Hogg	11:30-12:00 TECH Core MS TonE Mitchell
10:00-11:00 Barre Body # YS2 Mikhaila Woodall	9:30-10:15 Tread It T3 Ed Dailey	9:30-10:15 Tread It T3 Jenn Hogg		9:30-10:30 Full Body Architect MS Marcelo Ehrhardt	10:00-11:00 Cardio Kickboxing MS Nicole Thomas	12:00-1:00 Yoga Sculpt YS Mikhaila Woodall
4:30-5:30 VinyasaFLOW YS Brendan Butkus	9:30-10:30 flex! MS Jenn Hogg	9:30-10:30 StepFUSION MS Nicole Thomas		10:30-11:30 Yoga Sculpt YS Mikhaila Woodall	10:00-11:00 Gentle Yoga YS Dave York	
5:30-6:30 VinyasaBASICS YS Becky Meiselman	10:00-11:00 Yoga SMART YS Mikhaila Woodall	10:30-11:30 Body Conditioning MS Lisa Payovich			11:00-12:00 TabataFusion MS Marcelo Ehrhardt	
5:30-6:30 Tabata Fusion MS Brendan Butkus	12:00-1:00 Outdoor Yoga YS Mikhaila Woodall					
6:30-6:45 Meditation YS Becky Meiselman	4:30-6:00 VinyasaFLOW YS Audrey Schwegel					
6:30-7:15 Tetra Sculpt MS Tracey Green	6:00-6:30 Tread It T4 Ed Dailey					
7:15-7:30 TECH Core MS Tracey Green	5:45-6:45 Muscle TECH MS Joanna Tomczynska					
7:30-8:30 WERQ Dance MS Tracey Green	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!