

LSF Lincoln Park JULY 2019 Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	5:45-6:45 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	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	7:00-8:00 BODYformula MS Marcelo Ehrhardt	8:30-10:00 Studio Cycling CS Bob Willems
6:45-7:45 Pilates Mat YS2 Joanna Tomczynska	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 Halle Miroglotta	7:30-9:00 Yoga SMART YS Melody Bose	8:30-10:00 VinyasaFLOW YS Mark Kater
8:00-9:00 Gentle Yoga YS Mark Kater	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 Halle Miroglotta	8:00-9:00 DANCE fitness MS Jenny Terlinden	9:30-10:30 Tetra Sculpt MS Mikhaila Woodall
8:30-9:15 tripleBLOCKtraining MS Melissa Metro	8:00-9:00 Restorative Yoga YS Halle Miroglotta	8:30-9:30 Meta Circuit # MeS Joanna Tomcznska	8:00-9:00 Senior Yoga YS Mark Kater	8:30-9:30 Meta Circuit # MeS Jenn Hogg	8:00-9:00 Studio Cycling CS Ed Dailey	10:00-11:00 Pilates Mat YS2 Zineb Chraibi
8:30-9:15 TpowerDASH T4 Jenn Hogg	8:30-9:30 MEGA Mat YS2 Dan Hurst	8:30-9:30 Aqua Fit RP Lisa Payovich	8:15-9:00 Pilates Mat YS2 Lisa lantoni	8:30-9:30 Pilates Mat YS2 Zineb Chraibi	8:15-9:00 TpowerDASH CS Marcelo Ehrhardt	10:30-11:30 AthleteZONE MS TonE Mitchell
9:00-10:00 Yoga Sculpt YS Mikhaila Woodall	8:30-9:30 Interval Meltdown MS Marcelo Ehrhardt	9:00-10:00 VinyasaFLOW YS Becky Meiselman	8:30-9:15 Aqua Fit RP Joanna Tomczynska	8:30-9:30 Zumba MS Natalia Montalvo	9:00-10:00 AthleteZONE MS Marcelo Ehrhardt	10:30-11:45 VinyasaFLOW+ YS Mikhaila Woodall
9:15-9:30 Fierce Abs MS Nicole Thomas	8:30-9:30 Aqua Fit RP Joanna Tomczynska	9:15-10:00 Pilates Mat+ YS2 Zineb Chraibi	8:30-9:30 FUERZA Kickboxing MS Marcelo Ehrhardt	8:30-9:15 TpowerDASH T4 Carla Coelho	9:00-10:00 VinyasaFLOW YS Dave York	11:00-11:45 Meta Circuit # MeS Tracey Green
9:15-10:00 Pilates Mat+ YS2 Zineb Chraibi	9:00-10:00 Hatha Yoga YS Halle Miroglotta	9:15-10:15 Studio Cycling CS Bob Willems	9:00-10:00 Yoga Sculpt YS Halle Miroglotta	9:00-10:00 Hatha Yoga YS Halle Miroglotta	9:00-10:00 BarreEVOLUTION YS2 Jenny Terlinden	11:30-12:00 TECH Core MS TonE Mitchell
9:15-10:15 Studio Cycling CS Ed Dailey	9:30-10:15 Studio Cycling CS Marcelo Ehrhardt	9:30-10:15 Tread It T3 Jenn Hogg	9:30-10:15 Tread It T3 Ed Dailey	9:15-10:15 Studio Cycling CS Bob Willems	9:15-10:00 Studio Cycling CS Ed Dailey	12:00-1:00 Yoga Sculpt YS Mikhaila Woodall
9:30-10:30 Cardio Kickboxing MS Nicole Thomas	9:30-10:15 Tread It T3 Ed Dailey	9:30-10:30 StepFUSION MS Nicole Thomas	9:30-10:30 Full Body Architect MS Nicole Thomas	9:30-10:30 Barre Body # YS2 Mikhaila Woodall	10:00-11:00 Cardio Kickboxing MS Nicole Thomas	
10:00-11:00 VinyasaFLOW YS Audrey Schwegel	9:30-10:30 flex! MS Jenn Hogg	10:00-11:00 Hatha Yoga YS Rhonda Duffaut	10:00-11:15 VinyasaFLOW+ YS Mikhaila Woodall	9:30-10:30 Full Body Architect MS Melissa Metro	10:00-11:00 Gentle Yoga YS Dave York	
10:00-11:00 Barre Body # YS2 Mikhaila Woodall	10:00-11:00 Yoga SMART YS Mikhaila Woodall	10:30-11:30 Body Conditioning MS Lisa Payovich	12:00-1:00 Outdoor Yoga YS Tyra Notorangelo	10:30-11:30 Yoga Sculpt YS Mikhaila Woodall	11:00-12:00 Tabata Fusion MS Carla Coelho	
10:30-11:30 CardioARCHITECT MS Mark Kater	10:30-11:30 Pilates Mat YS2 Lisa lantoni	12:00-1:00 Gentle Yoga YS Mark Kater	5:00-6:00 VinyasaBASICS YS Mikhaila Woodall	12:00-1:00 Senior Yoga YS Mark Kater	11:00-12:00 YogaSMART YS Mikhaila Woodall	
12:00-1:00 Hatha Yoga YS Mark Kater	12:00-1:00 Outdoor Yoga YS Mikhaila Woodall	5:00-6:00 Restorative Yoga YS Zineb Chraibi	5:15-5:45 TECH core MS TonE Mitchell	5:30-6:30 VinyasaFLOW YS Audrey Schwegel	12:00-1:00 Yoga Sculpt YS Mikhaila Woodall	
4:30-5:30 VinyasaFLOW YS Brendan Butkus	4:30-6:00 VinyasaFLOW YS Audrey Schwegel	5:30-6:15 flex! MS Carla Coelho	5:45-6:30 TETRA sculpt MS TonE Mitchell	5:30-6:30 Hour Glass Barre MS Rebecca Lee	1:00-2:00 VinyasaBASICS YS Brendan Butkus	
5:30-6:30 VinyasaBASICS YS Becky Meiselman	6:00-6:30 Tread It T4 Ed Dailey	5:30-6:30 MEGA Mat YS2 Mikhaila Woodall	5:45-6:45 Studio Cycling CS Bob Willems	6:30-7:30 REMIX Dance MS Rebecca Lee	4:00-5:00 Outdoor Yoga YS Jack Ryan	
5:30-6:30 Tabata Fusion MS Brendan Butkus	5:45-6:45 Muscle TECH MS Joanna Tomczynska	6:15-6:30 TECH Core MS Carla Coelho	6:00-7:00 Yoga Sculpt YS Mikhaila Woodall			
6:30-6:45 Meditation YS Becky Meiselman	6:00-7:00 Yoga Sculpt YS Julian Hester	6:30-8:00 Wine Down Yoga YS Mikhaila Woodall	6:30-7:15 Zumba MS Natalia Montalvo			
6:30-7:15 Tetra Sculpt MS Tracey Green	6:45-7:00 TECH core MS Joanna Tomczynska	6:30-7:30 REMIX Dance MS Rebecca Lee				
7:15-7:30 TECH Core MS Tracey Green	6:30-7:15 Studio Cycling CS Ed Dailey	7:30-8:30 Muscle Training MS Rebecca Lee				
7:30-8:30 WERQ Dance MS Tracey Green	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!