

## LSF Lincoln Park AUGUST REVISED 2019 Group Fitness Schedule

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

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!