

LSF Lincoln Park FALL 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 Per4mance Cycling CS Marcelo Ehrhardt	5:45-6:45 Brick Land CS Marcelo Ehrhardt	5:45-6:45 AthleteZONE MS Asia Mele	6:15-7:00 BRICK land CS Marcelo Ehrhardt	8:30-9:30 Tabata Fusion MS Tracey Green
6:00-6:45 triDECAfect MS Asia Mele	6:00-7:00 Hatha Yoga YS Mark Kater	6:00-6:45 Tetra Sculpt MS Asia Mele	6:00-7:00 Hatha 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 Per4manceCycling CS Bob Willems
6:45-7:45 Pilates Mat YS2 Asia Mele	7:00-7:45 Studio Cycling CS Ed Dailey	6:45-7:45 Pilates Mat YS2 Tatiana Morozova	7:00-7:45 Per4mance Cycling CS Ed Dailey	7:00-8:00 VinyasaFLOW+ YS Halle Miroglotta	7:30-9:00 Yoga SMART YS Mellody 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	8:30-9:15 Tread It T3 Jenn Hogg	8:00-9:00 Senior Yoga YS Mark Kater	8:00-9:00 Gentle Yoga YS Halle Miroglotta	8:00-9:00 DANCE fitness MS Jenny Terlinden	9:30-10:30 DEFCON MS Mikhaila Woodall
8:30-9:15 DIESEL Body MS Melissa Metro	8:00-9:00 Restorative Yoga YS Halle Miroglotta	8:30-9:30 StepFUSION MS Nicole Thomas	8:15-9:00 Pilates Mat YS2 Lisa Iantoni	8:30-9:30 Pilates Mat YS2 Zineb Chraibi	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	8:30-9:15 Tread It T3 Ed Dailey	8:30-9:30 Aqua Fit RP Lisa Payovich	8:30-9:15 META circuit Meta-S Jenn Hogg	8:30-9:30 FUERZAcontact MS Marcelo Ehrhardt	9:00-10:00 AthleteZONE MS Marcelo Ehrhardt	10:30-11:30 Bootcamp 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 Asia Mele	8:30-9:15 TpowerDASH T4 Carla Coelho	9:00-10:00 VinyasaFLOW YS Dave York	10:30-11:45 VinyasaFLOW+ YS Mikhaila Woodall
9:15-9:30 Fierce Abs MS Nicole Thomas	8:30-9:30 Aqua Fit RP Asia Mele	9:15-10:00 Pilates Mat+ YS2 Zineb Chraibi	8:30-9:15 Tread It T3 Ed Dailey	9:00-10:00 Hatha Yoga YS Halle Miroglotta	9:00-10:00 BarreEVOLUTION YS2 Jenny Terlinden	12:00-1:00 Yoga Sculpt YS Mikhaila Woodall
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	8:30-9:30 FUERZA Kickboxing MS Marcelo Ehrhardt	9:15-10:15 Per4mance Cycling CS Bob Willems	9:15-10:00 Per4mance Cycling CS Ed Dailey	
9:15-10:15 Studio Cycling CS Ed Dailey	9:30-10:15 Per4mance Cycling CS Marcelo Ehrhardt	9:30-10:30 TABATAfusion MS Jenn Hogg	9:00-10:00 Yoga Sculpt YS Halle Miroglotta	9:30-10:30 Barre Body # YS2 Mikhaila Woodall	10:00-11:00 Cardio Kickboxing MS Nicole Thomas	
9:30-10:30 Cardio Kickboxing MS Nicole Thomas	9:30-10:30 fleX! MS Jenn Hogg	10:00-11:00 Hatha Yoga YS Rhonda Duffaut	9:30-10:30 Full Body Architect MS Nicole Thomas	9:30-10:30 Full Body Architect MS Melissa Metro	10:00-11:00 Gentle Yoga YS Dave York	
10:00-11:00 VinyasaFLOW YS Audrey Schwegel	10:00-11:00 Yoga SMART YS Mikhaila Woodall	10:30-11:30 Body Conditioning MS Lisa Payovich	10:00-11:15 VinyasaFLOW+ YS Mikhaila Woodall	10:30-11:30 Yoga Sculpt YS Mikhaila Woodall	11:00-12:00 Tabata Fusion MS Carla Coelho	
10:00-11:00 Barre Body # YS2 Mikhaila Woodall	10:30-11:30 Pilates Mat YS2 Lisa Iantoni	12:00-1:00 Gentle Yoga YS Mark Kater	5:00-6:00 VinyasaBASICS YS Mikhaila Woodall	12:00-1:30 Crystal Bowl Yoga YS Mark Kater	11:00-12:00 YogaSMART YS Mikhaila Woodall	
10:30-11:30 CardioARCHITECT MS Mark Kater	12:00-1:00 VinyasaFLOW YS Mikhaila Woodall	12:00-1:00 Yoga Sculpt MS Julian Hester	5:45-6:45 Per4mance Cycling CS Bob Willems	5:30-6:30 VinyasaFLOW YS Audrey Schwegel	12:00-1:00 Yoga Sculpt YS Mikhaila Woodall	
12:00-1:00 Diesel Body MS Mikhaila Woodall	4:30-6:00 VinyasaFLOW YS Audrey Schwegel	4:30-5:30 Cycle Sculpt CS Brent Holten	6:00-7:00 Yoga Sculpt YS Mikhaila Woodall			
12:00-1:00 Hatha Yoga YS Mark Kater	6:00-6:30 Tread It T4 Ed Dailey	5:00-6:00 Restorative Yoga YS Sandy Nowarita				
4:30-5:30 VinyasaFLOW YS Brendan Butkus	5:45-6:45 Muscle TECH MS Asia Mele	5:30-6:15 fleX! MS Carla Coelho				
5:30-6:30 VinyasaBASICS YS Becky Meiselman	6:00-7:00 Yoga Sculpt YS Julian Hester	6:15-6:30 TECH Core MS Carla Coelho				
5:30-6:30 Tabata Fusion MS Brendan Butkus	6:30-7:15 Studio Cycling CS Ed Dailey	6:30-7:30 VinyasaFLOW YS Jess Tulbure				
6:30-6:45 Meditation YS Becky Meiselman	7:00-8:00 Bootcamp MS TonE Mitchell					
6:30-7:15 DEFCON MS Tracey Green						
7:30-8:15 META circuit Meta-S Tracey Green						

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!