

## LSF Lincoln Park FALL 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>Per4mance Cycling</b> CS Marcelo Ehrhardt	5:45-6:45 <b>Brick Land</b> CS Marcelo Ehrhardt	5:45-6:45 <b>AthleteZONE</b> MS Asia Mele	6:15-7:00 <b>BRICK land</b> CS Marcelo Ehrhardt	8:30-9:30 <b>Tabata Fusion</b> MS Tracey Green
6:00-6:45 <b>triDECAfect</b> MS Asia Mele	6:00-7:00 <b>Hatha Yoga</b> YS Mark Kater	6:00-6:45 <b>Tetra Sculpt</b> MS Asia Mele	6:00-7:00 <b>Hatha Yoga</b> YS Mark Kater	6:00-6:45 <b>Studio Cycling</b> CS Ed Dailey	7:00-8:00 <b>BODYformula</b> MS Marcelo Ehrhardt	8:30-10:00 <b>Per4manceCycling</b> CS Bob Willems
6:45-7:45 <b>Pilates Mat</b> YS2 Asia Mele	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>Per4mance Cycling</b> CS Ed Dailey	7:00-8:00 <b>VinyasaFLOW+</b> YS Halle Miroglotta	7:30-9:00 <b>Yoga SMART</b> YS Mellody Bose	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	8:30-9:15 <b>Tread It</b> T3 Tim Iberle	8:00-9:00 <b>Senior Yoga</b> YS Mark Kater	8:00-9:00 <b>Gentle Yoga</b> YS Halle Miroglotta	8:00-9:00 <b>DANCE fitness</b> MS Jenny Terlinden	9:30-10:30 <b>DEFCON</b> MS Mikhaila Woodall
8:30-9:15 <b>DIESEL Body</b> MS Melissa Metro	8:00-9:00 <b>Restorative Yoga</b> YS Halle Miroglotta	8:30-9:30 <b>StepFUSION</b> MS Nicole Thomas	8:15-9:00 <b>Pilates Mat</b> YS2 Lisa Iantoni	8:30-9:30 <b>Pilates Mat</b> YS2 Zineb Chraibi	8:00-9:00 <b>Studio Cycling</b> CS Ed Dailey	10:00-11:00 <b>Pilates Mat</b> YS2 Zineb Chraibi
8:30-9:15 <b>TpowerDASH</b> T4 Ed Dailey	8:30-9:15 <b>Tread It</b> T3 Ed Dailey	8:30-9:30 <b>Aqua Fit</b> RP Lisa Payovich	8:30-9:15 <b>Aqua Fit</b> RP Asia Mele	8:30-9:30 <b>FUERZAcontact</b> MS Marcelo Ehrhardt	9:00-10:00 <b>AthleteZONE</b> MS Marcelo Ehrhardt	10:30-11:30 <b>Bootcamp</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	9:00-10:00 <b>VinyasaFLOW</b> YS Becky Meiselman	8:30-9:15 <b>Tread It</b> T3 Ed Dailey	8:30-9:15 <b>TpowerDASH</b> T4 Carla Coelho	9:00-10:00 <b>Barre Evolution</b> YS2 Jenny Terlinden	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 Asia Mele	9:15-10:00 <b>Pilates Mat+</b> YS2 Zineb Chraibi	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>VinyasaFLOW</b> YS Dave York	12:00-1:00 <b>Yoga Sculpt</b> YS Mikhaila Woodall
9:15-10:00 <b>Pilates Mat+</b> YS2 Zineb Chraibi	9:00-10:00 <b>Hatha Yoga</b> YS Halle Miroglotta	9:15-10:15 <b>Studio Cycling</b> CS Bob Willems	9:00-10:00 <b>Yoga Sculpt</b> YS Halle Miroglotta	9:15-10:15 <b>Per4mance Cycling</b> CS Bob Willems	9:15-10:00 <b>Per4mance Cycling</b> CS Ed Dailey	
9:15-10:15 <b>Studio Cycling</b> CS Ed Dailey	9:30-10:15 <b>Per4mance Cycling</b> CS Marcelo Ehrhardt	9:30-10:30 <b>TABATAfusion</b> MS Mikhaila Woodall	9:30-10:30 <b>Full Body Architect</b> MS Nicole Thomas	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	9:30-10:30 <b>flex!</b> MS Asia Mele	10:00-11:00 <b>Hatha Yoga</b> YS Rhonda Duffaut	10:00-11:15 <b>VinyasaFLOW+</b> YS Mikhaila Woodall	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	10:00-11:00 <b>Yoga SMART</b> YS Mikhaila Woodall	10:30-11:30 <b>Body Conditioning</b> MS Lisa Payovich	5:00-6:00 <b>VinyasaBASICS</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	10:30-11:30 <b>Pilates Mat</b> YS2 Lisa Iantoni	12:00-1:00 <b>Gentle Yoga</b> YS Mark Kater	6:00-7:00 <b>Per4mance Cycling</b> CS Bob Willems	12:00-1:30 <b>Crystal Bowl 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	12:00-1:00 <b>VinyasaFLOW</b> YS Mikhaila Woodall	12:00-1:00 <b>Yoga Sculpt</b> MS Julian Hester	6:00-7:00 <b>Yoga Sculpt</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>Diesel Body</b> MS Mikhaila Woodall	4:30-6:00 <b>VinyasaFLOW</b> YS Audrey Schwegel	4:30-5:30 <b>Cycle Sculpt</b> CS Brent Holten				
12:00-1:00 <b>Hatha Yoga</b> YS Mark Kater	6:00-6:30 <b>Tread It</b> T4 Ed Dailey	5:00-6:00 <b>Restorative Yoga</b> YS Sandy Nowarita				
4:30-5:30 <b>VinyasaFLOW</b> YS Brendan Butkus	5:45-6:45 <b>Muscle TECH</b> MS Carla Coelho	5:30-6:15 <b>flex!</b> MS Carla Coelho				
5:30-6:30 <b>VinyasaBASICS</b> YS Becky Meiselman	6:00-7:00 <b>Yoga Sculpt</b> YS Julian Hester	6:15-6:30 <b>TECH Core</b> MS Carla Coelho				
5:30-6:30 <b>Tabata Fusion</b> MS Brendan Butkus	6:30-7:15 <b>Studio Cycling</b> CS Ed Dailey	6:30-7:30 <b>VinyasaFLOW</b> YS Jess Tulbure				
6:30-6:45 <b>Meditation</b> YS Becky Meiselman	7:00-8:00 <b>Bootcamp</b> MS TonE Mitchell					
6:30-7:15 <b>DEFCON</b> MS Tracey Green						
7:30-8:15 <b>META circuit</b> 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](mailto:marceloe@lakeshoresf.com) or visit [www.LakeshoreSF.com](http://www.LakeshoreSF.com) Download our app MyLSF!