

LSF Lincoln Park Thanksgiving 2019

SATURDAY 11/23	MONDAY 11/25	TUESDAY 11/26	WEDNESDAY 11/27	THURSDAY 11/28	FRIDAY 11/29	SATURDAY 11/30
7:30-9:00 Yoga SMART YS Amanda Brizics	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	645-745am Brick Land CS Marcelo Ehrhardt	5:45-6:45 AthleteZONE MS Asia Mele	6:15-7:00 BRICK land CS Marcelo Ehrhardt
8:00-9:00 Studio Cycling CS Ed Dailey	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	8:30-9:15 Tread It T3 Ed Dailey	6:00-6:45 Studio Cycling CS Ed Dailey	7:00-8:00 BODYformula MS Marcelo Ehrhardt
9:00-10:00 AthleteZONE MS Mikhaila Woodall	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	9:15-10:15 Per4mance Cycling CS Ed Dailey	8:30-9:30 Pilates Mat YS2 Zineb Chraibi	8:00-9:00 Studio Cycling CS Ed Dailey
9:15-10:00 Per4mance Cycling CS Ed Dailey	8:00-9:00 Gentle Yoga YS Mark Kater	7:00-8:00 VinyasaFLOW YS Halle Miroglotta	8:30-9:15 Tread It T3 Tim Iberle	8:30-9:30 FUERZA Kickboxing MS Marcelo Ehrhardt	8:30-9:30 FUERZAcontact MS Marcelo Ehrhardt	9:00-10:00 AthleteZONE MS Marcelo Ehrhardt
10:00-11:00 Cardio Kickboxing MS Nicole Thomas	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	9:30-10:30 Full Body Architect MS Nicole Thomas	8:30-9:15 TpowerDASH T4 Carla Coelho	9:00-10:00 VinyasaFLOW YS Dave York
11:00-12:00 Tabata Fusion MS Carla Coelho	9:00-10:00 Yoga Sculpt YS Mikhaila Woodall	8:30-9:15 Tread It T3 Ed Dailey	9:15-10:00 Pilates Mat+ YS2 Zineb Chraibi	9:30-10:45 Gratitude Flow YS Mark Kater	9:15-10:15 Per4mance Cycling CS Bob Willems	9:15-10:00 Per4mance Cycling CS Ed Dailey
11:00-12:00 YogaSMART YS Mikhaila Woodall	9:15-9:30 Fierce Abs MS Nicole Thomas	8:30-9:30 Interval Meltdown MS Marcelo Ehrhardt	9:15-10:15 Studio Cycling CS Bob Willems		9:30-10:30 Full Body Architect MS Melissa Metro	10:00-11:00 Gentle Yoga YS Dave York
12:00-1:00 Yoga Sculpt YS Mikhaila Woodall	9:15-10:00 Pilates Mat+ YS2 Zineb Chraibi	8:30-9:30 Aqua Fit RP Asia Mele	9:30-10:30 TABATAfusion MS Carla Coelho		12:00-1:30 Crystal Bowl Yoga YS Mark Kater	10:00-11:00 Cardio Kickboxing MS Nicole Thomas
SUNDAY 11/24	9:15-10:15 Studio Cycling CS Ed Dailey	9:00-10:00 Hatha Yoga YS Halle Miroglotta	12:00-1:00 Gentle Yoga YS Mark Kater		5:30-6:30 VinyasaFLOW YS Audrey Schwegel	11:00-12:00 Tabata Fusion MS Carla Coelho
8:30-9:30 Tabata Fusion MS Tracey Green	9:30-10:30 Cardio Kickboxing MS Nicole Thomas	9:30-10:15 Per4mance Cycling CS Marcelo Ehrhardt				SUNDAY 12/1
8:30-10:00 Per4manceCycling CS Bob Willems	10:00-11:00 VinyasaFLOW YS Audrey Schwegel	9:30-10:30 fleX! MS Carla Coelho				8:30-9:30 Tabata Fusion MS Tracey Green
8:30-10:00 VinyasaFLOW YS Mark Kater	10:00-11:00 Barre Body # YS2 Mikhaila Woodall	10:00-11:00 Yoga SMART YS Mikhaila Woodall				8:30-10:00 Per4manceCycling CS Bob Willems
9:30-10:30 DEFCON MS Mikhaila Woodall	10:30-11:30 CardioARCHITECT MS Mark Kater	10:30-11:30 Pilates Mat YS2 Lisa Iantoni				8:30-10:00 VinyasaFLOW YS Mark Kater
10:00-11:00 Pilates Mat YS2 Zineb Chraibi	12:00-1:00 Diesel Body MS Mikhaila Woodall	12:00-1:00 VinyasaFLOW YS Mikhaila Woodall				9:30-10:30 DEFCON MS Tracey Green
10:30-11:30 Bootcamp MS TonE Mitchell	12:00-1:00 Hatha Yoga YS Mark Kater	4:30-6:00 VinyasaFLOW YS Audrey Schwegel				10:00-11:00 Pilates Mat YS2 Zineb Chraibi
10:30-11:45 VinyasaFLOW+ YS Mikhaila Woodall	5:30-6:30 VinyasaBASICS YS Becky Meiselman	6:00-6:30 Tread It T4 Ed Dailey				10:30-11:30 Bootcamp MS TonE Mitchell
12:00-1:00 Yoga Sculpt YS Mikhaila Woodall	6:30-6:45 Meditation YS Becky Meiselman	5:45-6:45 Muscle TECH MS Asia Mele				
	6:30-7:15 DEFCON MS Tracey Green	6:30-7:15 Studio Cycling CS Ed Dailey				

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!