

LSF Lincoln Park HOLIDAY TWO 2019

MONDAY 12/30	TUESDAY 12/31	WEDNESDAY 1/1	THURSDAY 1/2	FRIDAY 1/3	SATURDAY 1/4	SUNDAY 1/5
6:00-6:45 Studio Cycling CS Ed Dailey	6:00-6:45 Brick Land CS Marcelo Ehrhardt	8:30-9:30 StepFUSION MS Nicole Thomas	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	9:00-10:15 VinyasaFLOW YS Mikhaila Woodall	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	9:15-10:15 Studio Cycling CS Bob Willems	7:00-7:45 Per4mance Cycling CS Ed Dailey	8:30-9:30 FUERZAcontact MS Marcelo Ehrhardt	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	8:30-9:15 Tread It T3 Ed Dailey	9:30-10:30 Full Body Architect MS Nicole Thomas	8:00-9:00 Senior Yoga YS Mark Kater	8:30-9:15 TpowerDASH T4 Carla Coelho	8:00-9:00 Studio Cycling CS Ed Dailey	9:30-10:30 DEFCON MS Mikhaila Woodall
8:30-9:15 DIESEL Body MS Nicole Thomas	8:30-9:30 Interval Meltdown MS Marcelo Ehrhardt	12:00-1:00 Yoga Sculpt MS Julian Hester	8:15-9:00 Pilates Mat YS2 Lisa Iantoni	9:15-10:15 Per4mance Cycling CS Bob Willems	8:00-9:00 Dance Fitness MS Melissa Metro	10:30-11:30 Bootcamp MS TonE Mitchell
8:30-9:15 TpowerDASH T4 Ed Dailey	9:30-10:15 Per4mance Cycling CS Marcelo Ehrhardt		8:30-9:15 Tread It T3 Ed Dailey	9:30-10:30 Barre Body # YS2 Mikhaila Woodall	9:00-10:00 AthleteZONE MS Marcelo Ehrhardt	10:30-11:45 VinyasaFLOW+ YS Mikhaila Woodall
9:00-10:00 Yoga Sculpt YS Mikhaila Woodall	9:30-10:30 flex! MS Asia Mele		8:30-9:30 FUERZA Kickboxing MS Marcelo Ehrhardt	9:30-10:30 Full Body Architect MS Melissa Metro	9:00-10:00 BarreEVOLUTION YS2 Jenny Terlinden	12:00-1:30 YS90 MS Mikhaila Woodall
9:15-9:30 Fierce Abs MS Nicole Thomas	10:00-11:00 Yoga SMART YS Mikhaila Woodall		9:30-10:30 Full Body Architect MS Nicole Thomas	10:30-11:30 Yoga Sculpt YS Mikhaila Woodall	9:15-10:00 Per4mance Cycling CS Ed Dailey	
9:15-10:00 Pilates Mat YS2 Sandy Nowarita	10:30-11:30 Pilates Mat YS2 Lisa Iantoni		10:00-11:15 VinyasaFLOW+ YS Mikhaila Woodall	12:00-1:30 Crystal Bowl Yoga YS Mark Kater	10:00-11:00 Cardio Kickboxing MS Nicole Thomas	
9:15-10:15 Studio Cycling CS Ed Dailey	12:00-1:00 VinyasaFLOW YS Mikhaila Woodall		5:00-6:00 VinyasaBASICS YS Mikhaila Woodall	5:30-6:30 VinyasaFLOW YS Audrey Schwegel	10:00-11:00 Gentle Yoga YS Mikhaila Woodall	
9:30-10:30 Cardio Kickboxing MS Nicole Thomas			6:00-7:00 Per4mance Cycling CS Bob Willems		11:00-12:00 Tabata Fusion MS Carla Coelho	
10:00-11:00 VinyasaFLOW YS Audrey Schwegel			6:00-7:00 Yoga Sculpt YS Mikhaila Woodall		11:00-12:00 YogaSMART YS Mikhaila Woodall	
10:00-11:00 Barre Body # YS2 Mikhaila Woodall					12:00-1:00 Yoga Sculpt YS Mikhaila Woodall	
10:30-11:30 CardioARCHITECT MS Mark Kater						
12:00-1:00 Diesel Body MS Mikhaila Woodall						
12:00-1:00 Hatha Yoga YS Mark Kater						
4:30-5:30 VinyasaFLOW YS Brendan Butkus						
5:30-6:30 TABATAfusion YS Brendan Butkus						
6:30-7:15 DEFCON MS 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!