

LSF Lincoln Park HOLIDAY ONE 2019

SATURDAY 12/21	MONDAY 12/23	TUESDAY 12/24	WEDNESDAY 12/25	THURSDAY 12/26	FRIDAY 12/27	SATURDAY 12/28
6:15-7:00 BRICK land CS Marcelo Ehrhardt	6:00-6:45 Studio Cycling CS Ed Dailey	6:00-6:45 Brick Land 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
7:00-8:00 BODYformula MS Marcelo Ehrhardt	6:00-6:45 triDECAfect MS Asia Mele	6:00-7:00 Hatha Yoga YS Mark Kater		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
7:30-9:00 Yoga Smart YS Mellody Bose	6:45-7:45 Pilates Mat YS2 Asia Mele	7:00-7:45 Studio Cycling CS Ed Dailey		7:00-7:45 Per4mance Cycling CS Ed Dailey	7:00-8:00 Hatha Yoga MS Amanda Brizics	7:30-9:00 Yoga Smart YS Mellody Bose
8:00-9:00 Studio Cycling CS Ed Dailey	8:00-9:00 Gentle Yoga YS Mark Kater	8:30-9:15 Tread It T3 Ed Dailey		8:00-9:00 Senior Yoga YS Mark Kater	8:30-9:30 FUERZAcontact MS Marcelo Ehrhardt	8:00-9:00 Studio Cycling CS Ed Dailey
9:00-10:00 AthleteZONE MS Marcelo Ehrhardt	8:30-9:15 DIESEL Body MS Carla Coelho	8:30-9:30 Interval Meltdown MS Marcelo Ehrhardt		8:30-9:15 Tread It T3 Ed Dailey	9:00-10:00 VinyasaFLOW CS Amanda Brizics	9:00-10:00 AthleteZONE MS Marcelo Ehrhardt
9:00-10:00 BarreEvolution YS Jenny Terlinden	8:30-9:15 TpowerDASH T4 Ed Dailey	9:00-10:00 Hatha Yoga YS Mikhaila Woodall		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
9:15-10:00 Per4mance Cycling CS Ed Dailey	9:00-10:00 Yoga Sculpt YS Mikhaila Woodall	9:30-10:15 Per4mance Cycling CS Marcelo Ehrhardt		9:30-10:30 Full Body Architect MS Carla Coelho	9:30-10:30 Full Body Architect MS Melissa Metro	10:00-11:00 FUERZAkickboxing MS Marelo Ehrhardt
10:00-11:00 Gentle Yoga YS Mikhaila Woodall	9:15-9:30 Fierce Abs MS Carla Coelho	9:30-10:30 fleX! MS Carla Coelho		10:00-11:15 Vinyasa Flow+ YS Mikhaila Woodall	12:00-1:30 Crystal Bowl Yoga YS Mark Kater	10:00-11:00 Gentle Yoga MS Mikhaila Woodall
10:00-11:00 FuerzaKickboxing MS Raegan Lindeke	9:15-10:15 Studio Cycling CS Ed Dailey	10:00-11:00 Yoga SMART YS Mikhaila Woodall		5:00-6:00 VinyasaBasics YS Mikhaila Woodall	5:30-6:30 VinyasaFLOW YS Audrey Schwegel	11:00-12:00 Tabata Fusion MS Carla Coelho
11:00-12:00 Tabata Fusion MS Carla Coelho	9:30-10:30 FUERZAkickboxing MS Raegan Lindeke			6:00-7:00 Yoga Sculpt YS Mikhaila Woodall		11:00-12:00 Yoga SMART YS Mikhaila Woodall
11:00-12:00 Yoga Smart YS Mikhaila Woodall	10:00-11:00 VinyasaFLOW YS Audrey Schwegel					12:00-1:00 Yoga Sculpt YS Mikhaila Woodall
12:00-1:00 Yoga Sculpt YS Mikhaila Woodall	10:00-11:00 Barre Body # YS2 Mikhaila Woodall					SUNDAY 12/29
	10:30-11:30 CardioARCHITECT MS Mark Kater					8:30-9:30 Tabata Fusion MS Marcelo Ehrhardt
SUNDAY 12/22	12:00-1:00 Hatha Yoga YS Mark Kater					8:30-10:00 Per4manceCycling CS Bob Willems
8:30-9:30 Tabata Fusion MS Tracey Green	4:30-5:30 VinyasaFLOW YS Brendan Butkus					8:30-10:00 VinyasaFLOW YS Mark Kater
8:30-10:00 Per4manceCycling CS Bob Willems	5:30-6:30 VinyasaBASICS YS Becky Kunnath					9:30-10:30 DEFCON MS Mikhail Woodall
8:30-10:00 VinyasaFLOW YS Mark Kater	5:30-6:30 TABATAfusion MS Brendan Butkus					10:30-11:30 Bootcamp MS TonE Mitchell
9:30-10:30 DEFCON MS Mikhaila Woodall						10:30-11:45 Vinyasa Flow YS Mikhaila Woodall
10:00-11:00 Pilates Mat YS2 Zineb Chraibi						12:00-1:00 Yoga Sculpt YS Mikhaila Woodall
10:30-11:30 Bootcamp MS TonE Mitchell						
10:30-11:45 Vinyasa Flow YS Mikhaila Woodall						
12:00-1:00 Yoga Sculpt YS Mikhaila Woodall						

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!