

LSF Lincoln Park Winter 2020 REVISED March. 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 Laura Holtz	5:45-6:45 Brick Land CS Marcelo Ehrhardt	5:45-6:45 AthleteZONE MS Dillon Kelleher	6:15-7:00 BRICK land CS Marcelo Ehrhardt	8:30-9:30 Tabata Fusion MS Tracey Green
6:00-6:45 triDECAfect MS Dillon Kelleher	6:00-6:45 TABATABootcamp MS Katie Simmons	6:00-6:45 Fit RX MS Karen Champion	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 Core Fusion YS2 Mark Kater	6:00-7:00 Hatha Yoga YS Mark Kater	6:45-7:45 Pilates Mat YS2 Tatiana Morozova	7:00-7:45 Per4mance Cycling CS Ed Dailey	7:00-8:00 VinyasaFLOW YS Brendan Butkus	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	7:00-7:45 Studio Cycling CS Ed Dailey	8:30-9:15 Tread It T3 Matt Jennings	8:00-9:00 Senior Yoga YS Mark Kater	8:00-9:00 Gentle Yoga YS Brendan Butkus	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	7:00-8:00 VinyasaFLOW YS Audrey Schwegel	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 Ed Dailey	8:00-9:00 Restorative Yoga YS Becky Kunnath	9:00-10:00 VinyasaFLOW YS Becky Kunnath	8:30-9:15 Aqua Fit RP Kristina Jackson	8:30-9:30 FUERZAcontact MS Marcelo Ehrhardt	9:00-10:00 AthleteZONE MS Marcelo Ehrhardt	10:30-11:30 AthleteZONE MS Dillon Kelleher
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	8:30-9:15 Tread It T3 Ed Dailey	8:30-9:15 TpowerDASH T4 Carla Coelho	9:00-10:00 Barre Evolution YS2 Jenny Terlinden	10:30-11:30 VinyasaFLOW 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	8:30-9:30 FUERZA Kickboxing MS Marcelo Ehrhardt	9:00-10:00 Hatha Yoga YS Jack Ryan	9:00-10:00 VinyasaFLOW YS Dave York	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 Becky Kunnath	9:30-10:30 TABATAfusion MS Carla Coelho	9:00-10:00 Yoga Sculpt YS Julian Hester	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	10:00-11:00 Hatha Yoga YS Rhonda Duffaut	9:30-10:30 Full Body Architect MS Nicole Thomas	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 DEFCON MS Mikhaila Woodall	10:30-11:30 Body Conditioning MS Lisa Payovich	10:00-11:00 VinyasaFLOW YS Mikhaila Woodall	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 Tyra Notorangelo	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	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 Yoga Sculpt MS Mikhaila Woodall	12:00-1:00 Yoga Sculpt MS Julian Hester	6:00-7:00 Per4mance Cycling CS Bob Willems	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	4:30-5:30 Barre Body # MS Mikhaila Woodall	6:00-7:00 Yoga Sculpt YS Mikhaila Woodall	5:30-6:30 VinyasaFLOW YS Audrey Schwegel	12:00-1:00 Yoga Sculpt YS Mikhaila Woodall	
12:00-1:00 Hatha Yoga YS Mark Kater	5:00-6:00 VinyasaFLOW YS Audrey Schwegel	5:00-6:00 Restorative Yoga YS Sandy Nowarita			1:00-2:00 VinyasaFLOWt YS Brandy Lachapelle	
4:30-5:30 VinyasaFLOW YS Brendan Butkus	6:00-6:30 Tread It T4 Ed Dailey	5:30-6:15 flex! MS Carla Coelho				
5:30-6:30 VinyasaBASICS YS Becky Kunnath	5:45-6:15 Dirty Thirties MS Carla Coelho	6:15-6:30 TECH Core MS Carla Coelho				
5:30-6:30 Tabata Fusion MS Brendan Butkus	6:00-7:00 Yoga Sculpt YS Julian Hester	6:30-7:30 VinyasaFLOW YS Kelsey Schlabaugh				
5:45-6:30 Studio Cycling CS Tracey Green	6:15-6:45 Diesel Upper MS Carla Coelho					
6:30-6:45 Meditation YS Becky Kunnath	6:30-7:15 Studio Cycling CS Ed Dailey					
6:30-7:30 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!