

LSF IC GF March 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:30 Masters Swim LP Alex Fraser	7:00-8:00 Vinyasa Yoga YS Manny Garcia	6:30-7:30 Masters Swim LP Katie Michelau	6:30-7:30 Masters Swim LP Nicole Smith	6:30-7:30 Masters Swim LP Julie Lockwood	9:00-10:00 Meta Circuit B5 <i>Melissa Metro</i>	10:30-11:30 Diesel Body MS Carla Coelho
7:15-8:15 Cycling CS Luis Davila	7:15-8:15 Cycling CS Kelly Turk	7:00-8:00 Meta Circuit B5 <i>Bri Pearl</i>	7:15-8:15 Cycling CS Kelly Turk	7:00-8:00 Vinyasa Yoga YS Tatiana Morozova	9:00-10:00 Vinyasa Yoga YS Tatiana Morozova	10:30-11:30 Cycling CS Kelly Turk
9:00-10:00 Vinyasa Yoga YS Tatiana Morozova	10:30-11:30 Diesel Body MS Rebecca Lee	8:00-9:00 Barre Body MS <i>Bri Pearl</i>	8:30-9:30 Vinyasa Yoga YS Manny Garcia	7:15-8:15 Cycling CS Luis Davila	9:30-10:15 Zoom Programming Zoom Nicole Thomas (Check MyLSF App for Programming details)	11:30-12:15 Pilates Mat YS Carla Coelho
12:00-12:45 Zoom Programming Zoom F Marcelo Ehrhardt (Check MyLSF App for Programming details)	12:00-1:00 Pilates Mat YS Tonna Reinhold	9:30-10:30 Vinyasa Yoga YS Elena Katsulis	10:30-11:30 Diesel Body MS Rebecca Lee	10:00-11:00 AMRAP Hour MS Jeffrey Kellher	10:00-11:00 Strength Plus MS <i>Melissa Metro</i>	
5:15-6:15 Diesel Body MS Marcelo Ehrhardt	5:15-6:15pm Fundamental Yoga YS Tonna Reinhold	10:00-11:00 AMRAP Hour MS Jeffrey Kellher	1:30-2:30 Zoom Programming Zoom Peter Esau (Check MyLSF App for Programming details)	11:00-11:45 Zoom Programming Zoom Melissa Metro (Check MyLSF App for Programming details)	10:15-11:00 Pilates Mat YS Tatiana Morozova	
5:15-6:15 Pilates Mat YS Tatiana Morozova	5:15-6:15pm TabataFUSION MS Carla Coelho	11:15-12:15 Meta Circuit B5 Melissa Metro	5:45-6:45 Cycling CS Kelly Turk	12:30-1:30 Yoga Sculpt MS Tatiana Morozova	11:15-12:15 Dance Fitness MS <i>Melissa Metro</i>	
	5:45-6:45 Cycling CS Kelly Turk	5:15-6:15 Cycling CS Luis Davila		5:30-6:30 StrengthPlus MS <i>Melissa Metro</i>		
		5:30-6:30 Strength Plus MS <i>Melissa Metro</i>				
Sign up for classes are on MyLSF app For more information contact Group Fitness Director, Marcelo Ehrhardt marceloe@lakeshoresf.com or visit www.LakeshoreSF.com						
If it is above 90 degrees, class will be moved inside If it is raining, class will be moved to an indoor space There is a 15 dollar no show fee for all classes Classes need to have 3 participants in order to run				Space Legend: RTN - Rooftop North RTS - Rooftop South B5 - B5 studio	LP - Lap Pool	Symbol Key: + - Advanced class \$ - Fee based class # - Sign up in advance New Class