

LSF MARCH GF SCHEDULE 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 Masters Swim LP John Morrison	6:00-7:00 BRICK land CS Marcelo Ehrhardt	5:30-6:15 Tpower Dash MS Ed Dailey	6:00-6:45 BRICK land MS Marcelo Ehrhardt	5:45-6:45 Tread Sculpt MS Ed Dailey	6:00-7:00 BRICK land CS Ed Dailey	7:00-8:00 Outdoor Tabata Fusion STF Tatiana Morozova
6:00-7:00 Cycling CS Ed Dailey	6:00-7:00 Outdoor Hatha STF Mark Kater	6:30-7:30 Cycling CS Ed Dailey	6:00-7:00 Outdoor Hatha STF Mark Kater	7:00-8:00 Outdoor Bootcamp STF Tracey Green	6:45-7:45 BODYformula MS Marcelo Ehrhardt	8:15-9:15 Bootcamp MS Jaime Vargas
6:30-7:30 Body Conditioning STF Sana Mithaiwala	6:00-7:00 Masters Swim LP Julie Lockwood	6:30-7:30 FitRX MS Karen Campion	6:00-7:00 Masters Swim LP Katie Michelau	8:15-9:15 Outdoor FUERZAcontact STF Marcelo Ehrhardt	7:30-9:00 Masters Swim LP Julie Lockwood	8:15-9:15 Outdoor Tabata STF Tracey Green
8:15-9:15 Outdoor Cycle Sculpt SC Carla Coelho	6:30-7:30 TabataFUSION MS Katie Simmons	6:45-7:45 Outdoor Pilates Mat STF Tatiana Morozova	6:45-7:30 BODYformula MS Marcelo Ehrhardt	8:15-9:15 Vinyasa Yoga YS1 Manny Garcia	8:00-9:00 Vinyasa Yoga YS1 Tyra Notorangelo	8:30-10:00 Outdoor Cycling SC Bob Willems
8:15-9:15 Fuerza Kickboxing YS1 Karen Campion	8:05-9:05 Outdoor Cycling SC Ed Dailey	8:30-9:15 StepFusion MS Nicole Thomas	8:05-9:05 Outdoor Cycling SC Ed Dailey	9:30-10:30 Outdoor Tabata Fusion STF Tracey Green	8:00-9:00 ATHLETEzone MS Marcelo Ehrhardt	8:30-9:30 Vinyasa Yoga YS Mark Kater
8:30-9:15 StepFusion MS Nicole Thomas	8:15-9:15 Interval Meltdown MS Marcelo Ehrhardt	8:15-9:15 Outdoor Cycle Sculpt SC Peter Esau	8:15-9:15 Tread It! TA Chad Ehrhardt	9:30-10:30 Outdoor Cycling SC Bob Willems	8:30-9:30 Outdoor Cycling SC Ed Dailey	10:00-11:00 Pilates Mat YS1 Tatiana Morozova
9:30-10:30 Outdoor Cycling SC Ed Dailey	8:15-9:15 Tread It! TA Chad Ehrhardt	9:30-10:30 Outdoor TabataFusion STF Peter Esau	8:30-9:30 FUERZAKickboxing MS Marcelo Ehrhardt	9:30-10:30 Full Body Architect MS Nicole Thomas	9:15-10:15 Outdoor ATHLETEzone STF Marcelo Ehrhardt	9:30-10:30am Body Conditioning STF Tracey Green
9:30-10:30 Body Conditioning MS Nicole Thomas	9:15-10:15 Pilates Mat YS2 Tatiana Morozova	9:30-10:30 Outdoor Cycling SC Bob Willems	9:45-10:45 Vinyasa Yoga YS1 Dave York	9:45-10:45 Vinyasa Yoga YS1 Mark Kater	9:30-10:15 Zoom Programming Zoom Nicole Thomas (Check MyLSF App for Programming details)	10:45-11:45 Outdoor ATHLETEzone STF Tracey Green
9:30-10:30 Vinyasa Yoga YS1 Tyra Notorangelo	9:30-10:30 Cardio kickboxing MS Nicole Thomas	9:30-10:30 FullBodyArchitect STF Nicole Thomas	9:30-10:30 BODYFormula MS Marcelo Ehrhardt	10:45-11:45 Outdoor Full Body Architect STF Nicole Thomas	10:00-11:00 Outdoor Cycling SC Ed Dailey	11:15-12:15 Gentle Yoga YS1 Tatiana Morozova
10:45-11:45 Retro Sculpt STF Mark Kater	9:30-10:30 Tread It! TA Ed Dailey	9:45-10:45 Hatha Yoga YS1 Rhonda Duffaut	11:00-12:00 Yoga Sculpt MS Peter Esau	11:00-11:45 Zoom Programming Zoom Melissa Metro (Check MyLSF App for Programming details)	10:30-11:30 FUERZAKickboxing MS Karen Campion	12:15-1:15 Yoga Sculpt MS Tatiana Morozova
10:45-11:45 Tread Sculpt MS Marcelo Ehrhardt	9:30-10:30 Outdoor Interval Meltdown STF Marcelo Ehrhardt	10:45-11:45 FitRX MS Karen Campion	12:15-1:15 TabataFusion MS Peter Esau	12:00-1:00 Outdoor ATHLETEzone STF Melissa Metro	11:45-12:45 Yoga Sculpt MS Peter Esau	
12:00-1:00 Hatha Yoga YS1 Mark Kater	11:00-12:00 Outdoor BarreBody STF Melissa Metro	10:45-11:45 Retro Sculpt STF Mark Kater	1:30-2:30 Vinyasa Yoga YS1 Dave York	12:00-1:00 YinYoga Meditation YS1 Mark Kater	1:00-2:00 Body Conditioning MS Peter Esau	
12:00-12:45 Zoom Programming Zoom F Marcelo Ehrhardt (Check MyLSF App for Programming details)	12:15-1:15 Outdoor TabataFusion STF Melissa Metro	12:00-1:00 Yoga Sculpt MS Tatiana Morozova	1:30-2:30 Zoom Programming Zoom Peter Esau (Check MyLSF App for Programming details)	1:15-2:15 Outdoor Barre Body STF Melissa Metro	4:30-6:30 Vinyasa Yoga YS Elena Katsulis	
2:00-3:00 TabataFUSION MS Marcelo Ehrhardt	1:30-2:30 Gentle Yoga YS1 Dave York	12:00-1:00 Hatha Yoga YS1 Mark Kater	3:00-4:00 Outdoor Bootcamp STF Tracey Green	3:15-4:15 Outdoor Yoga Sculpt STF Peter Esau	Check our APP FOR ZOOM classes every week	
4:00-5:00 Vinyasa Yoga YS1 Manny Garcia	4:30-5:30 Outdoor ATHLETEzone STF Tracey Green	4:30-5:30 Outdoor BODYformula STF Marcelo Ehrhardt	5:30-6:30 Outdoor Conditioning STF Tracey Green	4:30-5:30 AMRAP Hour Main Studio Peter Esau		
5:00-6:00 Outdoor TabataFusion STF Melissa Metro	5:30-6:30 Vinyasa Yoga YS1 Elena Katsulis	5:45-6:45 Outdoor Cycle Sculpt SC Marcelo Ehrhardt	5:30-6:30 Outdoor Cycling SC Bob Willems	4:30-5:30 Outdoor Tabata Fusion STF Caral Coelho		
6:00-7:00 Hatha Yoga YS1 Manny Garcia	5:30-6:30 Outdoor Cycling SC Ed Dailey	6:00-6:45 Zoom Programming Zoom Peter Esau (Check MyLSF App for Programming details)	6:45-7:45 Outdoor Body Conditioning STF Peter Esau	5:45-6:45 Outdoor Cycle Sculpt SC Peter Esau		
6:15-7:15 Outdoor Bootcamp STF Melissa Metro	5:45-6:45 Outdoor DEFCON STF Tracey Green	7:00-8:00 Yoga Sculpt MS Peter Esau				
7:15-8:015 Vinyasa Yoga YS1 Manny Garcia	7:00-8:00 YS1 Vinyasa Yoga YS1 Elena Katsulis			SPACE LEGEND RTL- ROOF TOP LAWN	SPACE LEGEND SC- Street Cycle	SPACE LEGEND YS- Yoga Studio
7:30-8:30 Outdoor Yoga Sculpt MS Peter Esau				SPACE LEGEND STF- STREET TURF	SPACE LEGEND MS- Main Studio	SPACE LEGEND CS- Cycling Studio
			Classes that are outdoor have a rain plan/heat plan for	SPACE LEGEND YS2- Yoga Studio 2	SPACE LEGEND LP- Lap Pool	
				SPACE LEGEND PRF- Pilates Reformer Studio		

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!