

# LSF REVISED GF SCHEDULE

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