

LSF March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30 Cycle Sculpt CS Luis Davila	5:00-5:45 BODYformula MS Marcelo Ehrhardt	6:00-7:00 ATHLETEzone MS <i>Katie Simmons</i>	5:00-5:45 TabataFusion MS Marcelo Ehrhardt	6:00-6:45 AMRAP MS Carla Coelho	6:45-7:45 BODYformula MS Carla Coelho	7:00-8:00 Pilates Mat YS1 Tatiana Morozova
6:00-7:00 Masters Swim LP John Morrison	5:45-6:45 BRICK land CS Marcelo Ehrhardt	6:45-7:45 Pilates Mat YS2 Tatiana Morozova	5:45-6:45 TREAD sculpt MS Marcelo Ehrhardt	6:45-7:30 Bootcamp MS Carla Coelho (Sub Feb/Mar)	7:30-9:00 Masters Swim LP Julie Lockwood	8:15-9:15 Tabata MS Tatiana Morozova (sub Feb/Mar)
6:30-7:30 ATHLETEzone MS Tom Digan	6:00-7:00 Hatha Yoga YS1 Mark Kater	8:15-9:15 Yoga Sculpt YS1 Tatiana Morozova	6:00-7:00 Hatha Yoga YS1 Mark Kater	7:00-8:00 Cycling CS Ed Dailey	8:00-9:00 Barre Body YS2 Carla Coelho	8:30-10:00 Cycling CS Bob Willems
7:30-8:15 TREAD sculpt MS Tom Digan	6:00-7:00 Masters Swim LP Julie Lockwood	8:15-9:15 StepFusion MS Nicole Thomas	6:00-7:00 Masters Swim LP Katie Michelau	7:30-8:15 TREAD sculpt MS Marcelo Ehrhardt	8:00-9:00 TREAD sculpt MS Marcelo Ehrhardt	8:30-10:00 Vinyasa Yoga YS1 Mark Kater
8:15-9:15 StepFusion MS Nicole Thomas	6:30-7:30 TabataFUSION MS Katie Simmons	9:30-10:30 TabataFusion YS2 Carla Coelho	6:45-7:30 BODYformula MS Marcelo Ehrhardt	8:15-9:15 FUERZAcontact MS Marcelo Ehrhardt	8:30-9:30 Cycling CS Ed Dailey	10:00-11:00 Pilates Mat YS1 Tatiana Morozova
9:30-10:30 Cycling CS Ed Dailey	7:00-8:00 Cycling CS Ed Dailey	9:30-10:30 Cycling CS Bob Willems	7:00-8:00 Cycling CS Ed Dailey	8:15-9:15 Vinyasa Yoga YS1 Manny Garcia	8:30-9:30 Vinyasa Yoga YS1 Tyra Notorangelo (Sub-March)	9:30-10:30am Cardio Kickboxing MS Nicole Thomas
9:30-10:30 Body Conditioning MS Nicole Thomas	8:15-9:15 Interval Meltdown MS Marcelo Ehrhardt	9:30-10:30 FullBodyArchitect MS Nicole Thomas	8:15-9:15 Tread It! TA Carla Coelho / Chad Ehrhardt	9:30-10:30 Pilates Mat YS1 Zineb Chraibi	9:00-10:00 ATHLETEzone MS Marcelo Ehrhardt	10:45-11:45 ATHLETEzone MS James Casher (sub Feb/Mar)
9:30-10:30 Vinyasa Yoga YS1 Brenna O'Day	8:15-9:15 Tread It! TA Ed Dailey	9:30-10:30 Hatha Yoga YS1 Rhonda Duffaut	8:30-9:30 FUERZA kickboxing MS Marcelo Ehrhardt	9:30-10:30 Tabata Fusion YS2 Melissa Metro (Sub Feb/Mar)	10:00-11:00 Cycling CS Ed Dailey	11:15-12:15 Gentle Yoga YS1 Tatiana Morozova
10:45-11:45 Retro Sculpt MS Mark Kater	8:15-9:15 Yoga Sculpt YS1 Tatiana Morozova	10:45-11:45 Retro Sculpt MS Mark Kater	9:45-10:45 Vinyasa Yoga YS1 Dave York	9:30-10:30 Cycling CS Bob Willems	10:00-10:45 FUERZA kickboxing MS Marcelo Ehrhardt	12:15-1:15 Yoga Sculpt YS1 Tatiana Morozova
12:00-1:00 Hatha Yoga YS1 Mark Kater	9:15-10:15 Pilates Mat YS2 Tatiana Morozova	12:00-1:00 Yoga Sculpt MS Tatiana Morozova	9:30-10:30 BODYFormula MS Marcelo Ehrhardt	9:30-10:30 Full Body Architect MS Nicole Thomas	10:30-11:30 Power Vinyasa Yoga YS1 Elena Katsulis (sub Feb/Mar)	
1:15-2:15 Pilates Mat YS1 Tatiana Morozova	9:30-10:30 Vinyasa Yoga YS1 Elena Katsulis	12:00-1:00 Hatha Yoga YS1 Mark Kater	11:00-12:00 Barre Body MS Carla Coelho	10:45-11:45 Barre Body MS Melissa Metro	10:45-11:45 Zumba MS Jessica Exposito	
2:30-3:30 Yoga Sculpt YS1 Tatiana Morozova	9:30-10:30 Cardio kickboxing MS Nicole Thomas	1:15-2:15 Pilates Mat YS1 Tatiana Morozova	12:15-1:15 TabataFusion MS Carla Coelho	12:00-1:00 YinYoga Meditation YS1 Mark Kater	11:45-12:45 Yoga Sculpt YS1 Tatiana Morozova (sub Feb/Mar)	
4:00-5:00 Vinyasa Yoga YS1 Manny Garcia	4:30-5:30 Body Conditioning MS Jaime Vargas	4:30-5:30 BODYformula MS Marcelo Ehrhardt	4:15-5:15 Vinyasa Yoga YS1 Elena Katsulis	1:15-2:15 Pilates Mat YS1 Tatiana Morozova	11:45-12:45 Body Conditioning MS Jamie Vargas	
5:00-6:00 TabataFusion MS Melissa Metro	5:30-6:30 Vinyasa Yoga YS1 Elena Katsulis	4:45-5:45 Pilates Mat YS1 Carla Coelho	4:30-5:30 Body Conditioning MS Jaime Vargas			
6:00-7:00 Hatha Yoga YS1 Manny Garcia	5:30-6:30 Cycling CS Ed Dailey	5:30-6:15 Cycle Sculpt CS Marcelo Ehrhardt	5:30-6:30 Cycling CS Bob Willems			
6:15-7:15 Athelezone MS Jaime Vargas	5:45-6:45 Tread Sculpt MS Jaime Vargas	6:00-6:45 WineDown Body Conditioning MS Carla Coelho	5:30-6:30 Yoga Sculpt MS Darcie Wolf			
6:30-7:30 Cycling CS Dylan Eike	7:00-8:00 Vinyasa Yoga YS1 Elena Katsulis	6:00-7:00 WineDown Yoga YS1 Rotating Instructors	6:45-7:45 Body Conditioning MS Rebecca Lee			
7:15-8:15 Vinyasa Yoga YS1 Manny Garcia		6:45-7:45 WineDown Zumba MS Jessica Exposito	7:00-8:00 Vinyasa Flow YS1 Brenna O'Day			
7:30-8:30 AMRAP MS Jena Rosenbaum				SPACE LEGEND RTL- ROOF TOP LAWN	SPACE LEGEND SC- Street Cycle	SPACE LEGEND YS- Yoga Studio
				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 indoor spaces check website for	SPACE LEGEND YS2- Yoga Studio 2	SPACE LEGEND LP- Lap Pool	
				SPACE LEGEND PRF- Pilates Reformer Studio		

Class Descriptions are found on our MyLSF app or our Website. For more information contact Group Fitness Director, **Marcelo Ehrhardt** marceloe@lakeshoresf.com or visit www.LakeshoreSF.com
Download our app MyLSF!