

# LSF October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45 <b>Cycle Sculpt</b> CS Luis Davila	5:00-5:45 <b>BODYformula</b> MS Marcelo Ehrhardt	6:00-7:00 <b>ATHLETEzone</b> MS Katie Simmons	5:00-5:45 <b>TabataFusion</b> MS Marcelo Ehrhardt	6:45-7:30 <b>Bootcamp</b> MS Tracey Green	6:45-7:45 <b>BODYformula</b> MS Carla Coelho	7:00-8:00 <b>Pilates Mat</b> YS1 Tatiana Morozova
6:00-7:00 <b>Masters Swim</b> LP John Morrison	5:45-6:45 <b>BRICK land</b> CS Marcelo Ehrhardt	6:45-7:45 <b>Pilates Mat</b> YS1 Tatiana Morozova	5:45-6:45 <b>TREAD sculpt</b> MS Marcelo Ehrhardt	7:30-8:15 <b>TREAD sculpt</b> MS Marcelo Ehrhardt	7:30-9:00 <b>Masters Swim</b> LP Julie Lockwood	8:15-9:15 <b>Tabata</b> MS Tracey Green
6:30-7:30 <b>Bootcamp</b> MS Tracey Green	6:00-7:00 <b>Hatha Yoga</b> YS1 Mark Kater	8:15-9:15 <b>Yoga Sculpt</b> YS1 Tatiana Morozova	6:00-7:00 <b>Hatha Yoga</b> YS1 Mark Kater	8:15-9:15 <b>FUERZAcontact</b> MS Marcelo Ehrhardt	8:00-9:00 <b>Barre Body</b> YS2 Carla Coelho	8:30-10:00 <b>Cycling</b> CS Bob Willems
7:00-7:45 <b>Cycling</b> CS Luis Davila	6:00-7:00 <b>Masters Swim</b> LP Julie Lockwood	8:30-9:30 <b>StepFusion</b> MS Nicole Thomas	6:00-7:00 <b>Masters Swim</b> LP Katie Michelau	8:15-9:15 <b>Vinyasa Yoga</b> YS1 Manny Garcia	8:00-9:00 <b>TREAD sculpt</b> MS Marcelo Ehrhardt	8:30-10:00 <b>Vinyasa Yoga</b> YS1 Mark Kater
7:30-8:15 <b>TREAD sculpt</b> MS Tracey Green	6:30-7:30 <b>TabataFUSION</b> MS Katie Simmons	9:30-10:30 <b>Cycling</b> CS Bob Willems	6:45-7:30 <b>BODYformula</b> MS Marcelo Ehrhardt	9:30-10:30 <b>Pilates Mat</b> YS1 Zineb Chraibi	8:15-9:15 <b>Vinyasa Yoga</b> YS1 Brenna Cramer (sub)	10:00-11:00 <b>Pilates Mat</b> YS1 Tatiana Morozova
8:30-9:30 <b>StepFusion</b> MS Nicole Thomas	8:15-9:15 <b>Interval Meltdown</b> MS Marcelo Ehrhardt	9:30-10:30 <b>FullBodyArchitect</b> MS Nicole Thomas	7:00-7:45 <b>Cycling</b> CS Carla Coelho	9:30-10:30 <b>Outdoor Tabata Fusion</b> STF Tracey Green	9:15-10:00 <b>Cycling</b> CS Carla Coelho	9:30-10:30am <b>Cardio Kickboxing</b> MS Nicole Thomas
9:30-10:30 <b>Body Conditioning</b> MS Nicole Thomas	8:15-9:00 <b>Tread It!</b> TA Jim Levesque	9:30-10:30 <b>Hatha Yoga</b> YS1 Rhonda Duffaut	8:15-9:00 <b>Tread It!</b> TA Carla Coelho / Chad Ehrhardt	9:30-10:30 <b>Cycling</b> CS Bob Willems	9:00-10:00 <b>ATHLETEzone</b> MS Marcelo Ehrhardt	9:30-10:30 <b>Outdoor BodyConditioning</b> STF Tracey Green
9:30-10:30 <b>Vinyasa Yoga</b> YS1 Brenna Cramer	8:15-9:15 <b>Yoga Sculpt</b> YS1 Tatiana Morozova	9:30-10:30 <b>Outdoor Tabata Fusion</b> STF Carla Coelho	8:30-9:30 <b>FUERZAkickboxing</b> MS Marcelo Ehrhardt	9:30-10:30 <b>Full Body Architect</b> MS Nicole Thomas	9:30-10:15 <b>Breath &amp; Meditation</b> YS1 Brenna Cramer	10:45-11:30 <b>Bootcamp</b> MS Tracey Green
10:45-11:45 <b>Retro Sculpt</b> MS Mark Kater	9:15-10:15 <b>Pilates Mat</b> YS1 Tatiana Morozova	10:45-11:45 <b>Retro Sculpt</b> MS Mark Kater	9:30-10:15 <b>Tread Sculpt</b> MS Marcelo Ehrhardt	10:45-11:45 <b>Barre Body</b> MS Melissa Metro	10:00-10:45 <b>FUERZAkickboxing</b> MS Marcelo Ehrhardt	11:15-12:15 <b>Gentle Yoga</b> YS1 Tatiana Morozova
12:00-1:00 <b>Hatha Yoga</b> YS1 Mark Kater	9:30-10:30 <b>Vinyasa Yoga</b> YS2 Elena Katsulis	12:00-1:00 <b>Yoga Sculpt</b> MS Tatiana Morozova	9:45-10:45 <b>Vinyasa Yoga</b> YS1 Dave York	12:00-1:00 <b>YinYoga Meditation</b> YS1 Mark Kater	10:30-11:30 <b>Vinyasa Yoga</b> YS1 Brenna Cramer	12:15-1:15 <b>Yoga Sculpt</b> YS1 Tatiana Morozova
1:15-2:15 <b>Pilates Mat</b> YS1 Tatiana Morozova	9:30-10:30 <b>Cardio kickboxing</b> MS Nicole Thomas	12:00-1:00 <b>Hatha Yoga</b> YS1 Mark Kater	11:00-12:00 <b>Barre Body</b> MS Carla Coelho	1:15-2:15 <b>Pilates Mat</b> YS1 Tatiana Morozova	10:45-11:45 <b>Zumba</b> MS Jessica Exposito	
2:30-3:30 <b>Yoga Sculpt</b> YS1 Tatiana Morozova	4:30-5:30 <b>Body Conditioning</b> MS Jaime Vargas	1:15-2:15 <b>Pilates Mat</b> YS1 Tatiana Morozova	4:15-5:15 <b>Vinyasa Yoga</b> YS1 Elena Katsulis	2:30-3:30 <b>Gentle Yoga</b> YS1 Tatiana Morozova	11:45-12:45 <b>Yoga Sculpt</b> YS1 Brenna Cramer	
4:00-5:00 <b>Vinyasa Yoga</b> YS1 Manny Garcia	5:30-6:30 <b>Vinyasa Yoga</b> YS1 Elena Katsulis	4:45-5:45 <b>Pilates Mat</b> YS1 Carla Coelho	4:30-5:30 <b>Body Conditioning</b> MS Jaime Vargas		11:45-12:45 <b>Body Conditioning</b> MS Jamie Vargas	
5:00-6:00 <b>Body Conditioning</b> MS Melissa Metro	5:45-6:45 <b>Tread Circuit</b> MS Jaime Vargas	4:30-5:15 <b>BODYformula</b> MS Marcelo Ehrhardt	5:30-6:30 <b>Cycling</b> CS Bob Willems			
6:00-7:00 <b>Hatha Yoga</b> YS1 Manny Garcia	6:30-7:15 <b>Cycling</b> CS Dylan Eike	5:30-6:15 <b>Cycle Sculpt</b> CS Marcelo Ehrhardt	5:30-6:30 <b>Yoga Sculpt</b> YS Brenna Cramer			
6:15-7:15 <b>Athelezone</b> MS Jaime Vargas	7:00-8:00 <b>Vinyasa Yoga</b> YS1 Elena Katsulis	6:00-6:45 <b>WineDown Body Conditioning</b> MS Carla Coelho	5:30-6:30 <b>Tread Circuit</b> MS Jaime Vargas			
6:30-7:30 <b>Cycling</b> CS Dylan Eike		6:00-7:00 <b>WineDown Yoga</b> RTL Rotating Instructors	6:45-7:45 <b>Body Conditioning</b> MS Rebecca Lee/ Jena Rosenbaum			
7:15-8:15 <b>Vinyasa Yoga</b> YS1 Manny Garcia		6:45-7:45 <b>WineDown Zumba</b> MS Jessica Exposito	7:00-8:00 <b>Vinyasa Flow</b> YS1 Brenna Cramer			
				<b>SPACE LEGEND</b> RTL- ROOF TOP LAWN	<b>SPACE LEGEND</b> SC- Street Cycle	<b>SPACE LEGEND</b> YS- Yoga Studio
				<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 indoor spaces check app 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 are found on our MyLSF app or our Website. 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!