

LSF October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 Masters Swim LP John Morrison	5:00-5:45 BODYformula MS Marcelo Ehrhardt	6:00-7:00 ATHLETEzone MS Katie Simmons	5:00-5:45 TabataFusion MS Marcelo Ehrhardt	6:00-7:00 Masters Swim LP John Hartley	6:45-7:30 BODYformula MS Marcelo Ehrhardt	7:00-8:00 Pilates Mat MS Tatiana Morozova
6:30-7:30 Bootcamp MS Tracey Green	5:45-6:45 BRICK land CS Marcelo Ehrhardt	6:45-7:45 Pilates Mat YS1 Tatiana Morozova	5:45-6:45 TREAD sculpt MS Marcelo Ehrhardt	6:45-7:30 Bootcamp MS Tracey Green	7:30-8:00 Abs Sculpt MS Marcelo Ehrhardt	8:15-9:15 Tabata MS Tracey Green
7:00-8:00 Vinyasa Yoga YS1 Jack Berning	6:00-7:00 Outdoor Hatha Yoga YS1 Mark Kater	8:15-9:15 Yoga Sculpt YS1 Tatiana Morozova	6:00-7:00 Outdoor Hatha Yoga YS1 Mark Kater	7:30-8:15 TREAD sculpt MS Marcelo Ehrhardt	7:30-9:00 Masters Swim LP Julie Lockwood	8:30-10:00 Cycling CS Bob Willems
7:30-8:15 TREAD sculpt MS Tracey Green	6:00-7:00 Masters Swim LP Katie Michelau	8:30-9:30 StepFusion MS Nicole Thomas	6:00-7:00 Masters Swim LP Julie Lockwood	8:15-9:15 FUERZAcontact MS Marcelo Ehrhardt	8:00-9:00 Barre Body YS2 Carla Coelho	8:30-10:00 Vinyasa Yoga YS1 Mark Kater
8:30-9:30 Barre Body YS-2 Carla Coelho	6:30-7:30 TabataFUSION MS Katie Simmons	9:30-10:30 Cycling CS Bob Willems	6:45-7:30 BODYformula MS Marcelo Ehrhardt	8:15-9:15 Vinyasa Yoga YS1 Manny Garcia	8:00-9:00 TREAD sculpt MS Marcelo Ehrhardt	10:00-11:00 Pilates Mat YS1 Tatiana Morozova
8:30-9:30 StepFusion MS Nicole Thomas	7:30-8:15 TREAD sculpt MS Marcelo Ehrhardt	9:30-10:30 FullBodyArchitect MS Nicole Thomas	8:00-8:45 Cycling CS Carla Coelho	8:30-9:15 Balance YS2 Tracey Green	8:15-9:15 Vinyasa Yoga YS1 Brenna Cramer	9:30-10:30am Cardio Kickboxing MS Nicole Thomas
9:30-10:30 Body Conditioning MS Nicole Thomas	8:00-8:45 Cycling CS Luis Davila	9:30-10:30 Hatha Yoga YS1 Rhonda Duffaut	8:30-9:30 FUERZAkickboxing MS Marcelo Ehrhardt	9:30-10:30 Pilates Mat YS1 Zineb Chraibi	9:15-10:00 Cycling CS Carla Coelho	9:30-10:30 Outdoor BodyConditioning STF Tracey Green
9:30-10:30 Vinyasa Yoga YS1 Brenna Cramer	8:15-9:15 Interval Meltdown MS Marcelo Ehrhardt	9:30-10:30 Outdoor Tabata Fusion STF Carla Coelho	9:30-10:15 Tread Sculpt MS Marcelo Ehrhardt	9:30-10:30 Outdoor Tabata Fusion STF Tracey Green	9:00-10:00 ATHLETEzone MS Marcelo Ehrhardt	10:30-11:30 Tread Sculpt MS Tracey Green
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	9:30-10:15 Restorative Yoga YS1 Brenna Cramer	11:15-12:15 Gentle Yoga YS1 Tatiana Morozova
12:00-1:00 Hatha Yoga YS1 Mark Kater	9:15-10:15 Pilates Mat YS1 Tatiana Morozova	12:00-1:00 Yoga Sculpt MS Tatiana Morozova	11:00-12:00 Barre Body MS Carla Coelho	9:30-10:30 Full Body Architect MS Nicole Thomas	10:00-10:45 FUERZAkickboxing MS Marcelo Ehrhardt	12:15-1:15 Yoga Sculpt YS1 Tatiana Morozova
12:00-1:00 yogaLATES MS Tatiana Morozova	9:30-10:30 Vinyasa Yoga YS2 Elena Katsulis	12:00-1:00 Hatha Yoga YS1 Mark Kater	4:30-5:30 Body Conditioning MS Jaime Vargas	12:00-1:00 YinYoga Meditation YS1 Mark Kater	10:30-11:30 Vinyasa Yoga YS1 Brenna Cramer	
1:15-2:15 Pilates Mat YS1 Tatiana Morozova	9:30-10:30 Cardio kickboxing MS Nicole Thomas	1:15-2:15 Pilates Mat YS1 Tatiana Morozova	5:30-6:30 Tread Circuit MS Jaime Vargas	1:15-2:15 Pilates Mat YS1 Tatiana Morozova	10:45-11:45 Zumba MS Jessica Exposito	
2:30-3:30 Yoga Sculpt YS1 Tatiana Morozova	4:30-5:30 Body Conditioning MS Jaime Vargas	4:30-5:30 Athelezone MS Jaime Vargas	5:45-6:30 Cycling CS Bob Willems		11:45-12:45 Body Conditioning MS Jamie Vargas	
4:00-5:00 Vinyasa Yoga YS1 Manny Garcia	5:45-6:45 Tread Circuit MS Jaime Vargas	4:45-5:45 Pilates Mat YS1 Carla Coelho	6:45-7:45 Body Conditioning MS Rebecca Lee/ Jena Rosenbaum		12:00-1:15 Vinyasa Yoga YS1 Rachel Parker	
5:00-6:00 Body Conditioning MS Melissa Metro	6:00-7:00 Vinyasa Yoga YS1 Tatiana Morozova	6:00-6:45 WineDown BodyConditioning MS Carla Coelho	7:00-8:00 Vinyasa Flow YS1 Brenna Cramer			
6:00-7:00 Hatha Yoga YS1 Manny Garcia	6:30-7:15 Cycling CS Dylan Eike	6:00-7:00 WineDown Yoga RTL Rotating Instructors				
6:15-7:15 Athelezone MS Jaime Vargas		6:45-7:45 WineDown Zumba MS Jessica Exposito				
6:30-7:30 Cycling CS Dylan Eike						
7:15-8:15 Vinyasa Yoga YS1 Manny Garcia						
				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 classes. Check app for details.	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!