LSF IC GF November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:30 **Masters Swim** LP Alex Fraser	7:00-8:00 **Vinyasa Yoga** YS Manny Garcia	6:30-7:30 **Masters Swim** LP John Hartley	6:30-7:30 **Masters Swim** LP Caitlin Polz	6:30-7:30 **Masters Swim** LP Julie Lockwood	9:00-10:00 **Meta Circuit** Meta *Melissa Metro*	10:30-11:30 **Diesel Body** MS Carla Coelho
7:00-7:45 **Cycling** CS Kelly Turk	5:00-5:30pm **Abs Sculpt** MS Marcelo Ehrhardt	7:00-7:745 **Cycling** CS Kelly Turk	7:00-8:00 **Vinyasa Yoga** YS Tatiana Morozova	7:00-8:00 **Vinyasa Yoga** **YS** Tatiana Morozova	9:00-10:00 **Vinyasa Yoga** YS Tatiana Morozova	10:30-11:30 **Cycling** CS Kelly Turk
9:00-10:00 **Vinyasa Yoga** YS Tatiana Morozova	5:45-6:45 **Cycling** CS Kelly Turk	10:00-11:00 **AMRAP Hour** MS Nick Strutzel	5:00-5:30 **Abs Sculpt** MS Marcelo Ehrhardt	9:00- 10:00 **Vinyasa Yoga** YS Jack Berning	9:00-9:55 **TreadX $$** TA Sadie Ortiz	11:30-12:15 **Pilates Mat** YS Carla Coelho
10:00-11:00am **Body Conditioning** MS Jessica Rodgers	5:30-6:15pm **Body Formula** MS Marcelo Ehrhardt	5:30-6:15 **Cycle Sculpt** CS Kelly Turk	5:30-6:15 **Interval Meltdown** MS Marcelo Ehrhardt	10:00-11:00 **AMRAP Hour** MS Nick Strutzel	10:00-11:00 **Strength Plus** MS Melissa Metro	
5:00-5:30 **Abs Sculpt** MS Marcelo Ehrhardt	5:30-6:15 **LIFT$$** FA Bo Neidballa	5:30-6:15 **Synergy $$** FA Jessica Rodgers	5:30-6:15 **LIFT $$** FA Tom Wilk		10:15-11:00 **Pilates Mat** YS Tatiana Morozova	
5:15-6:15 **Pilates Mat** YS Tatiana Morozova		5:30-6:15 **BodyConditioning** MS Rebecca Lee	6:45-7:30 **Ladies of Lakeshore** MS Jessica Rodgers			
5:30-6:15 **Fuerza Contact** MS Marcelo Ehrhardt		6:00-7:00 **Vinyasa Yoga** YS Jack Berning				
5:30-6:15 **Synergy $$** FA Sadie Ortiz						
6:45-7:30 **Ladies of Lakeshore** MS Jessica Rodgers						
					$$ TeamX = Small Group Personal Training	
Sign up for classes requaried and are on MyLSF app **All Classes must have 3 participants signed up for class 90 min prior to the start of class in order to run, any classes before 8am must have 3 participants signed up for class by 8pm the day prior to start of class** For more information contact Group Fitness Director, **Marcelo Ehrhardt** marceloe@lakeshoresf.com or visit www.LakeshoreSF.com				**Space Legend:** RTN - Rooftop North RTS - Rooftop South TA- Treadmill Area B5 - B5 studio	FL- Functional Floor LP - Lap Pool	**Symbol Key:** + - Advanced class $ - Fee based class # - Sign up in advance **New Class**