

## LSF November 2024

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