LSF January 2025 (Begins January 6th)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 **Masters Swim** LP John Morrison	5:00-5:45 **TabataFusion** 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	6:45-730 **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
7:30-8:15 **TREAD sculpt** MS Tracey Green	6:00-7:00 **Hatha Yoga** YS1 Mark Kater	7:30-8:15 **Cycle sculpt** CS Marcelo Ehrhardt	6:00-7:00 **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
8:30-9:15 **Balance** YS1 Tracey Green	6:00-7:00 **Masters Swim** LP Katie Michelau	8:15-9:15 **Yoga Sculpt** YS1 Tatiana Morozova	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	8:30-9:30 **StepFusion** MS Nicole Thomas	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 **Cycling** CS Bob Willems	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 **FullBodyArchitect** MS Nicole Thomas	**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 **Outdoor Tabata Fusion** STF Carla Coelho	8:15-9:15 **Interval Meltdown** MS Marcelo Ehrhardt	9:30-10:30 **Hatha Yoga** YS1 Rhonda Duffaut	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
9:30-10:30 **Vinyasa Yoga** YS1 Brenna Cramer	8:15-9:15 **Yoga Sculpt** YS1 Tatiana Morozova	9:30-10:30 **Outdoor Tabata Fusion** STF Carla Coelho	9:45-10:45 **Vinyasa Yoga** YS1 Mark Kater	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
10:45-11:45 **Retro Sculpt** MS Mark Kater	9:15-10:15 **Pilates Mat** YS1 Tatiana Morozova	10:45-11:45 **Retro Sculpt** MS Mark Kater	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 Sculp**t YS1 Tatiana Morozova
12:00-1:00 **Hatha Yoga** YS1 Mark Kater	9:30-10:30 **Vinyasa Yoga** YS2 Elena Katsulis	12:00-1:00 **Yoga Sculpt** MS Tatiana Morozova	4:00-4:30 **Abs Sculpt** MS Jaime Vargas	12:00-1:00 **YinYoga Meditation** YS1 Mark Kater	10:30-11:30 **Vinyasa Yoga** YS1 Brenna Cramer	
12:00-1:00 **yogaLATES** MS Tatiana Morozova	9:30-10:30 **Cardio kickboxing** MS Nicole Thomas	12:00-1:00 **Hatha Yoga** YS1 Mark Kater	4:30-5:30 **Body Conditioning** MS Jaime Vargas	1:15-2:15 **Pilates Mat** YS1 Tatiana Morozova	10:45-11:45 **Zumba** MS Jessica Exposito	
1:15-2:15 **Pilates Mat** YS1 Tatiana Morozova	11;00-12:00 **Barre Body** MS Carla Coelho	1:15-2:15 **Pilates Mat** YS1 Tatiana Morozova	530-630 **Tread Circuit** MS Jaime Vargas	4:30-5:15 **TabataFusion (starts 1/17)** MS Jacob Lesser	11:45-12:45 **Body Conditioning** MS Jamie Vargas	
2:30-3:30 **Yoga Sculpt** YS1 Tatian Morozova	4:00-4:30 **Abs Sculpt** MS Jaime Vargas	4:30-5:30 **Athelezone** MS Jaime Vargas	5:45-6:30 **Cycling** CS Bob Willems		12:00-1:15 **Vinyasa Yoga** YS1 Rachel Parker	
4:00-5:00 **Vinyasa Yoga** YS1 Manny Garcia	4:30-5:30 **Body Conditioning** MS Jaime Vargas	4:45-5:45 **Pilates Mat** YS1 Carla Coelho	6:45-7:45 **Body Conditioning** MS Rebecca Lee/ Jena Rosenbaum			
5:00-6:00 **Body Conditioning** MS Melissa Metro	545-645 **Tread Circuit** MS Jaime Vargas	6:00-6:45 **WineDown BodyConditioning** MS Carla Coelho				
6:00-7:00 **Hatha Yoga** YS1 Manny Garcia	6:45-7:30 **Dance Ignite!** MS Jacob Lesser	6:00-7:00 **WineDown Yoga** RTL Rotating Instructors				
6:15-7:15 **Athelezone** MS Jaime Vargas	6:00-7:00 **Vinyasa Yoga** YS1 Tatiana Morozova	6:45-7:45 **WineDown Zumba** MS Jessica Exposito				
6:30-7:30 **Cycling** CS Dylan Eike	6:30-7:15 **Cycling** CS Dylan Eike			**SPACE LEGEND** **RTL- ROOF TOP LAWN**	**SPACE LEGEND** **SC- Street Cycle**	**SPACE LEGEND** **YS- Yoga Studio**
7:15-8:15 **Vinyasa Yoga** YS1 Manny Garcia				**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 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!