

LSF November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 Masters Swim LP John Morrison	5:00-5:45 Tread Fusion 6 MS Marcelo Ehrhardt	6:00-7:00 ATHLETEzone MS Katie Simmons	5:00-5:45 Tread Sculpt MS Marcelo Ehrhardt	5:45-6:30 Balance YS1 Tracey Green	6:45-730 BODYformula MS Marcelo Ehrhardt	7:00-8:00 Pilates Mat MS Tatiana Morozova
6:30-7:30 Bootcamp MS Tracey Green	5:45-6:30 Tread Sculpt MS Marcelo Ehrhardt	6:45-7:45 Pilates Mat YS1 Tatiana Morozova	5:45-6:45 TREAD sculpt MS Marcelo Ehrhardt	6:00-7:00 Masters Swim LP John Hartley	7:30-8:00 Abs Sculpt MS Marcelo Ehrhardt	8:15-9:15 TabataFusion MS Tracey Green
7:30-8:15 TREAD sculpt MS Tracey Green	6:00-7:00 Hatha Yoga YS Mark Kater	7:30-8:15 Cycle sculpt CS Aislinn Travis	6:00-7:00 Hatha Yoga YS Mark Kater	6:45-7:30 Bootcamp MS Tracey Green	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 John Hartley	8:15-9:15 Yoga Sculpt YS1 Tatiana Morozova	6:00-7:00 Masters Swim LP Julie Lockwood	7:30-8:15 TREAD sculpt 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 StepFusion MS Nicole Thomas	6:30-7:30 TabataFUSION MS Katie Simmons	8:30-9:15 Barre Body YS2 Carla Coelho	6:45-7:30 BODYformula MS Marcelo Ehrhardt	8:15-9:15 FUERZAcontact MS Marcelo Ehrhardt	8:00-9:00 TREAD sculpt MS Marcelo Ehrhardt	10:00-11:00 Pilates Mat YS1 Tatiana Morozova
8:30-9:15 Barre Body YS2 Carla Coelho	7:30-8:15 TREAD sculpt MS Marcelo Ehrhardt	8:30-9:30 StepFusion MS Nicole Thomas	8:30-9:15 Mobility,Core & Stretch YS1 Aislinn Travis	8:15-9:15 Vinyasa Yoga YS1 TBD	8:15-9:15 Vinyasa Yoga YS1 Brenna Cramer	9:30-10:30am Cardio Kickboxing MS Nicole Thomas
9:15-10:00 Pilates Roller YS2 Carla Coelho	8:15-9:15 Interval Meltdown MS Marcelo Ehrhardt	9:30-10:30 Cycling CS Bob Willems	8:30-9:30 FUERZAkickboxing MS Marcelo Ehrhardt	8:30-9:15 Balance YS2 Tracey Green	9:15-10:00 Cycling CS Carla Coelho	9:30-10:30 Outdoor BodyConditioning STF Tracey Green
9:30-10:30 Body Conditioning MS Nicole Thomas	8:15-9:15 Yoga Sculpt YS1 Tatiana Morozova	9:30-10:30 FullBodyArchitect MS Nicole Thomas	9:30-10:15 Tread Sculpt MS Marcelo Ehrhardt	9:30-10:30 Pilates Mat YS1 Zineb Chraibi	9:00-10:00 ATHLETEzone MS Marcelo Ehrhardt	10:30-11:30 Tread Sculpt MS Tracey Green
9:30-10:30 Vinyasa Yoga YS1 Mark Kater	9:15-10:15 Pilates Mat YS1 Tatiana Morozova	9:30-10:30 Hatha Yoga YS1 Rhonda Duffaut	9:45-10:45 Vinyasa Yoga YS1 Mark Kater	9:30-10:30 Outdoor Tabata Fusion STF Tracey Green	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	9:30-10:30 Vinyasa Yoga YS2 Elena Katsulis	9:30-10:30 Outdoor Tabata Fusion STF Carla Coelho	11:00-12:00 Barre Body MS Carla Coelho	9:30-10:30 Cycling CS Bob Willems	10:00-10:45 FUERZAkickboxing MS Marcelo Ehrhardt	12:15-1:15 Yoga Sculpt YS1 Tatiana Morozova
12:00-1:00 Hatha Yoga YS1 Mark Kater	9:30-10:30 Cardio kickboxing MS Nicole Thomas	10:45-11:45 Retro Sculpt MS Mark Kater	12:00-12:45 Tread Fusion 6 MS Carla Coelho	9:30-10:30 Full Body Architect MS Nicole Thomas	10:30-11:30 Vinyasa Yoga YS1 Brenna Cramer	
12:00-1:00 yogaLATES MS Tatiana Morozova	11:00-12:00 Barre Body MS Carla Coelho	12:00-1:00 Yoga Sculpt MS Tatiana Morozova	4:00-4:30 Abs Sculpt MS Jaime Vargas	10:30-11:15 Tread Fusion 6 MS Marcelo Ehrhardt	10:45-11:45 Zumba MS Jessica Exposito	
1:15-2:15 Pilates Mat MS Tatiana Morozova	4:00-4:30 Abs Sculpt MS Jaime Vargas	12:00-1:00 Hatha Yoga YS1 Mark Kater	4:30-5:30 Body Conditioning MS Jaime Vargas	10:45-11:30 Chi Flow YS1 Mark Kater	11:00-12:00 Yoga Sculpt YS2 Bridget Boockmeier	
4:00-5:00 Vinyasa Yoga YS1 Manny Garcia	4:30-5:30 Body Conditioning MS Jaime Vargas	1:15-2:15 Pilates Mat MS Tatiana Morozova	5:30-6:15 The Mat Method YS1 Lily Kawler	12:00-1:00 YinYoga Meditation YS1 Mark Kater	11:45-12:45 Body Conditioning MS Jamie Vargas	
5:00-6:00 Body Conditioning MS Melissa Metro	5:00-6:00 Gentle Yoga YS1 Paula Affoter	4:30-5:30 Athelezone MS Jaime Vargas	5:30-6:30 Tread Circuit MS Jaime Vargas	1:15-2:15 Pilates Mat MS Tatiana Morozova	12:00-1:15 Vinyasa Yoga YS1 Rachel Parker	
6:00-7:00 Hatha Yoga YS1 Manny Garcia	5:45-6:30 The Mat Method YS2 Lily Kawler	4:45-5:45 Pilates Mat YS1 Carla Coelho	5:45-6:30 Cycling CS Bob Willems	4:45-5:15 Abs Sculpt MS Cedric Thomas		
6:00-7:00 Athelezone MS Jaime Vargas	5:45-6:45 Tread Circuit MS Jaime Vargas	5:30-6:00 Dirty Thirties (H.I.L.T) MS Jaime Vargas	6:15-7:15 Yoga Sculpt YS1 Sarah Thaman	5:15-6:00 Zumba MS Cedric Thomas		
6:30-7:15 Cycling CS Cat Walsh	6:00-7:00 Vinyasa Yoga YS1 Paula Affoter	6:00-6:45 WineDown BodyConditioning MS Carla Coelho	6:45-7:30 Body Conditioning MS Rebecca Lee/ Jena Rosenbaum	Red indicates NEW CLASS	Blue indicates Change of time or space location	
7:15-8:15 Vinyasa Yoga YS1 Manny Garcia	6:45-7:45 Yoga Sculpt MS Sarah Thaman	6:00-7:00 WineDown Yoga YS1 Rotating Instructors(Tatiana, Manny, Rachel) 6:45-7:45 WineDown Zumba MS Jessica Exposito		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 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!