

LSF July 2026 (starts July 6)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 Masters Swim LP John Morrison	5:00-5:45 Tread Sculpt 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	6:45-7:30 BODYformula MS Marcelo Ehrhardt	7:00-8:00 Pilates Mat MS Tatiana Morozova
6:30-7:30 Bootcamp MS Tracey Green	5:45-6:30 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 Outdoor Hatha Yoga RTL Mark Kater	8:15-9:15 Yoga Sculpt YS1 Tatiana Morozova	6:00-7:00 Outdoor Hatha Yoga RTL 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	8:30-9:15 Barre Body YS2 Carla Coelho	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	8:30-9:30 StepFusion MS Nicole Thomas	6:45-7:30 BODYformula MS Marcelo Ehrhardt	7:45-8:45 Vinyasa Yoga YS1 Sara Thaman	8:00-9:00 TREAD sculpt MS Marcelo Ehrhardt	9:15-10:00am Cardio Kickboxing MS Nicole Thomas
8:30-9:15 Barre Body YS2 Carla Coelho	7:30-8:15 TREAD sculpt MS Marcelo Ehrhardt	9:30-10:30 Cycling CS Bob Willems	7:00-7:45 Yoga Sculpt YS1 Bridget Bookmeir	8:15-9:15 FUERZAcontact MS Marcelo Ehrhardt	8:15-9:15 Vinyasa Yoga YS1 Brenna Cramer	9:30-10:30 Outdoor BodyConditioning STF Tracey Green
9:15-10:00 Pilates Roller YS2 Carla Coelho	8:15-9:00 Rebounding Sculpt MS Marcelo Ehrhardt	9:30-10:30 FullBodyArchitect MS Nicole Thomas	8:30-9:15 Mobility,Core & Stretch YS1 Aislinn Travis	8:30-9:15 Balance YS2 Tracey Green	9:15-10:00 Cycling CS Carla Coelho	10:00-10:30 Express Rebounding MS Nicole Thomas
9:30-10:30 Body Conditioning MS Nicole Thomas	8:15-9:15 Yoga Sculpt YS1 Tatiana Morozova	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	9:00-10:00 ATHLETEzone MS Marcelo Ehrhardt	10:00-11:00 Pilates Mat YS1 Tatiana Morozova
9:30-10:30 Vinyasa Yoga YS1 Mark Kater	9:00-9:30 Abs Sculpt 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	9:30-10:15 Restorative Yoga YS1 Brenna Cramer	10:30-11:30 Tread Sculpt MS Tracey Green
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	9:45-10:45 Vinyasa Yoga YS1 Mark Kater	9:30-10:30 Cycling CS Bob Willems	10:00-10:45 FUERZAkickboxing MS Marcelo Ehrhardt	11:15-12:15 Gentle Yoga YS1 Tatiana Morozova
12:00-1:00 Hatha Yoga YS1 Mark Kater	9:30-10:30 Vinyasa Yoga YS2 Abhan Nadkarni	12:00-1:00 Hatha Yoga YS1 Mark Kater	11:00-12:00 Barre Body MS Carla Coelho	9:30-10:30 Full Body Architect MS Nicole Thomas	10:30-11:30 Vinyasa Yoga YS1 Brenna Cramer	12:15-1:15 Yoga Sculpt YS1 Tatiana Morozova
1:15-2:15 Pilates Mat MS Tatiana Morozova	9:30-10:30 Cardio kickboxing MS Nicole Thomas	1:15-2:15 Pilates Mat MS Tatiana Morozova	4:30-5:30 Body Conditioning MS Jaime Vargas	10:30-11:15 Rebounding MS Nicole Thomas	10:45-11:45 Zumba MS Jessica Exposito	4:00-5:00 Vinyasa Yoga YS1 Sara Thaman
4:00-5:00 Vinyasa Yoga YS1 Manny Garcia	11:00-12:00 Barre Body MS Carla Coelho	4:30-5:30 Athelezone MS Jaime Vargas	5:30-6:15 The Mat Method YS1 Lily Kawler	10:45-11:30 Chi Flow YS1 Mark Kater	11:45-12:45 Body Conditioning MS Jamie Vargas	
5:00-6:00 Body Conditioning MS Melissa Metro	4:00-4:30 Abs Sculpt MS Jaime Vargas	4:45-5:45 Pilates Mat YS1 Carla Coelho	6:30-7:30 Yoga Sculpt YS1 Sarah Thaman	12:00-1:00 YinYoga Meditation YS1 Mark Kater		
6:00-7:00 Outdoor Hatha Yoga RTL Manny Garcia	4:30-5:30 Body Conditioning MS Jaime Vargas	5:30-6:00 Dirty Thirties (H.I.L.T) MS Jaime Vargas		1:15-2:15 Pilates Mat MS Tatiana Morozova		
6:00-7:00 Athelezone MS Jaime Vargas	5:45-6:30 The Mat Method MS Lily Kawler	6:00-6:45 WineDown BodyConditioning MS Carla Coelho		4:45-5:15 Abs Sculpt MS Cedric Thomas		
7:15-8:15 Vinyasa Yoga YS1 Manny Garcia	6:00-7:00 Vinyasa Yoga YS1 Paula Alfoter	6:00-7:00 WineDown Yoga RTL Rotating Instructors (Manny, Sarah, Ellie)		5:15-6:00 Zumba MS Cedric Thomas		
	6:45-7:45 Yoga Sculpt MS Sarah Thaman	6:45-7:45 WineDown Zumba MS Jessica Exposito		6:00-6:45 Body Conditioning MS Cedric Thomas	Blue indicates Change of time or space location	
				Red indicates NEW CLASS	SPACE LEGEND SC- Street Cycle	SPACE LEGEND YS- Yoga Studio
					SPACE LEGEND RTL- ROOF TOP LAWN	SPACE LEGEND MS- Main Studio
					SPACE LEGEND STF- STREET TURF	SPACE LEGEND CS- Cycling Studio
					SPACE LEGEND YS2- Yoga Studio 2	
					SPACE LEGEND PRF- Pilates Reformer Studio	

Class descriptions are found on our MyLSF app or our Website. For more information contact Group Fitness Department, GroupFitness@LakeshoreSF.com or visit www.LakeshoreSF.com
Download our MyLSF App.