LSF IC GF November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:30 **Masters Swim** LP Erin Petty	6:30-7:30 **Masters Swim** LP Sara Lasovska	6:30-7:30 **Masters Swim** LP Erin Petty	7:00-8:00 **Vinyasa Yoga** YS Tatiana Morozova	6:30-7:30 **Masters Swim** LP Julie Lockwood	8:30-9:15 **Aqua Fit** LP Cedric Thomas	9:30-10:15 **Cycling** CS Carla Coelho
9:00-10:00 **Vinyasa Yoga** YS Tatiana Morozova	7:00-8:00 **Vinyasa Yoga** YS Mandi Sit	10:00-11:00 **AMRAP Hour** MS Nick Strutzel	11:00-11:45 **Zumba** MS Cedric Thomas	7:00-8:00 **Vinyasa Yoga** YS Tatiana Morozova	9:00-9:45 **Cardio Circuit** MS *Melissa Metro*	10:15-11:00 **Diesel Body** MS Carla Coelho
10:00-10:45 **Bosu Balance** MS De'Eric Fisher	8:30-9:15 **Aqua Fit** LP Cedric Thomas	5:00-5:30 **Abs Sculpt** MS Lisa McManus	5:30-6:15 **TeamX: Lift $** FA Tom Wilk	10:00-11:00 **AMRAP Hour** MS Nick Strutzel	9:30- 10:30 **Vinyasa Yoga** YS Abha Nadkarni	10:15-11:15 **Outdoor Vinyasa Yoga** RT Kathryn Ray
5:15-6:15 **Pilates Mat** YS Tatiana Morozova	11:00-11:45 **Zumba** MS Cedric Thomas	5:30-6:30 **Wine Down Yoga** YS Kathryn Ray	5:00-5:30 **Pilates Express** MS Jade Li	5:00-5:45 **Pilates Mat** YS Emme Smith	9:45-10:30 **Strength Plus** MS Melissa Metro	11:00-11:45 **Pilates Roller** MS Carla Coelho
5:00-5:30 **Abs Sculpt** MSLisa McManus	5:00-5:30pm **Abs Sculpt** MS Marcelo Ehrhardt	5:30-6:15 **TabataFUSION** MS Lisa McManus	5:30-6:15 **Cardio Sculpt** MS Jade Li		10:30-11:15 **Pilates Mat** MS Melissa Metro	
5:30-6:15 **ATHLETEzone** MS Lisa McManus	5:30-6:15pm **Tread Sculpt** Treadmill Marcelo Ehrhardt	6:30-7:15 **BollyX** MS Amita Sachdev	6:00- 7:00 **Vinyasa Yoga** YS Mandi Sit			
6:15-7:15 **Vinyasa Yoga** YS Tatiana Morozova	6:00- 7:00 **Vinyasa Yoga** YS Abha Nadkarni	6:30-7:15 **Pilates Mat** YS Katie Mendoza				

$$ 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