LSF November 2026

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	6:45-730 **BODYformula** MS Marcelo Ehrhardt	7:00-8:00 **Pilates Mat** YS1 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	5:45-6:30 **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** YS1 Mark Kater	8:15-9:15 **Yoga Sculpt** YS1 Tatiana Morozova	6:00-7:00 **Hatha Yoga** YS1 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 Sara Lasovska	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	6:30-7:15 **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 Jesse Scheinbart	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 Nicole Thomas	9:30-10:30 **FullBodyArchitect** MS Nicole Thomas	7:30-8:15 **Rebounding Sculpt** MS Aislinn Travis	8:30-9:15 **Balance** YS2 Tracey Green	9:15-10:00 **Pilates Roller** YS2 Carla Coelho	10:00-10:30 **Express Rebouding** 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	8:30-9:15**Mobility,Core & Stretch** YS1 Aislinn Travis	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 Nicole Thomas	10:45-11:45 **Retro Sculpt** MS Mark Kater	**8:30-9:30 FUERZAkickboxing** MS Marcelo Ehrhardt	9:30-10:30 **Outdoor Tabata Fusion** STF Tracey Green	9:30-10:15 **Restorative Yoga** YS1 Jesse Scheinbart	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	12:00-1:00 **Hatha Yoga** YS1 Mark Kater	9:30-10:15 **Tread Sculpt** MS Marcelo Ehrhardt	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 Jesse Scheinbart	1:15-2:15 **Pilates Mat** MS Tatiana Morozova	9:45-10:45 **Vinyasa Yoga** YS1 Mark Kater	9:30-10:30 **Full Body Architect** MS Nicole Thomas	10:30-11:30 **Vinyasa Yoga** YS1 Jesse Scheinbart	12:15-1:15 **Yoga Sculpt** YS1 Tatiana Morozova
1:15-2:15 **Pilates Mat** YS1 Tatiana Morozova	9:30-10:30 **Cardio kickboxing** MS Nicole Thomas	4:30-5:30 **Athelezone** MS Jaime Vargas	11;00-12:00 **Barre Body** MS Carla Coelho	10:30-11:15 **Tread Sculpt** MS Marcelo Ehrhardt	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	4:45-5:45 **Pilates Mat** YS1 Carla Coelho	5:30-6:15 **Butts & Guts** MS Jaime Vargas	10:45-11:30 **Chi Flow** YS1 Mark Kater	11:30-12:30 **Yoga Sculpt** YS1 Victor Barriga	
5:00-6:00 **Body Conditioning** MS Melissa Metro	4:00-4:30 **Abs Sculpt** MS Jaime Vargas	5:30-6:00 **Dirty Thirties (H.I.I.T)** MS Jaime Vargas	4:30-5:30 **Body Conditioning** MS Jaime Vargas	12:00-1:00 **YinYoga Meditation** YS1 Mark Kater	11:45-12:45 **Body Conditioning** MS Jamie Vargas	
6:00-7:00 **Hatha Yoga** YS1 Manny Garcia	4:30-5:30 **Body Conditioning** MS Jaime Vargas	6:00-6:45 **WineDown BodyConditioning** MS Carla Coelho	5:30-6:15 **The Mat Method** YS1 Lily Kawler	1:15-2:15 **Pilates Mat** YS1 Tatiana Morozova		
6:15-7:00 **Pilates Mat** YS2 Katie Mendoza	5:45-6:30 **The Mat Method** YS1 Lily Kawler	6:00-7:00 **WineDown Yoga** Y1 Rotating Instructors (Abha, Sarah, Jesse)	6:30-7:30 **Yoga Sculpt** YS1 Sarah Thaman	4:45-5:15 **Abs Sculpt** MS Cedric Thomas		
6:00-7:00 **Athelezone** MS Jaime Vargas	6:15-7:00 **Tread Sculpt** MS Lisa McManus	6:45-7:45 **WineDown Zumba** MS Jessica Exposito		5:15-6:00 **Zumba** MS Cedric Thomas		
7:15-8:15 **Vinyasa Yoga** YS1 Manny Garcia	6:30-7:30 **Vinyasa Yoga** YS1 Paula Affoter			6:00-6:45 **Body Conditioning** MS Cedric Thomas	**Blue indicates Change of time or space location**	
	6:45-7:45 **Yoga Sculpt** YS2 Sarah Thaman			**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** **CS- Cycling Studio**
			Classes that are outdoor have a rain plan/heat plan for indoor	**SPACE LEGEND** **STF- STREET TURF**	**SPACE LEGEND** **LP- Lap Pool**	
				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.