



## Group Exercise Class Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:00-6:50a	Cardio Sculpt YUE	6:00-6:55a (Studio 4)	Cycle JORY	7:00-7:50am	Aligned Vinyasa TAISSIA	6:00-6:55a (Studio 4)	Cycle JORY	6:00-6:50a	Cardio Sculpt YUE	8:00-9:50a	BOOT CAMP CANDI
7:00-8:15a	Hatha Yoga & Meditation CAROL (75)	7:30-8:20a	Barre Fusion YUE	8:30 - 9:20a	HIIT LINDA	7:00-7:50a	Strength & Stretch Fusion JEAN	7:00-7:55a (Studio 4)	Cycle DEBBIE	9:00-9:50a	Yogilates LAURA
8:30-9:20a	Core Blast MOUNA	8:30 - 9:20a	HIIT YUE	9:30-10:20a	Body Sculpt LINDA	7:30-8:20a	Barre Fusion YUE	8:00-8:50a	Body Sculpt MOUNA	9:00-9:55a (Studio 4)	Cycle BRETT
9:30-10:20a	Body Sculpt MOUNA	9:30-10:20a	Zumba® KIM	9:00-9:55a (Studio 4)	Cycle LINDELL	9:00-9:50a	Aqua POOL Fitness MARISA	9:00-9:50a	Kickbox Conditioning MOUNA	9:30-10:20a	Core Blast & HIIT MOUNA
9:00-9:50a	Aqua Social Open Workout	9:30-10:45a	Balance & Power* STERLING (75)	9:00-9:50a	Aqua Social Open Workout	8:30 - 9:20a	HIIT YUE	9:00-9:50a	Aqua POOL Fitness SANDY	10:00-10:50a	Zumba® CANDI
9:00-9:55a (Studio 4)	Cycle LINDELL	1:00-1:50p	Gentle Yoga * JEAN	10:30-11:20a	Mat Pilates JEAN	9:30-10:20p	Zumba® KIM	10:30-11:20a	Pilates Sculpt LAURA		
10:30-11:20a	Pilates LAURA	4:00-5:15p	Yoga Yin* CHRISTINE (75)	11:30-12:45p	Yoga Strength & Flexibility VY (75)	9:30-10:45a	Balance & Power* STERLING (75)	5:00-5:50p	Dance Fusion PHOEBE		<b>SUNDAY</b>
11:30-12:20p	Vinyasa Yoga CHRISTINE	4:30-5:20p	Dance Fusion PHOEBE	5:00 -5:50p	Barre Fusion YUE	10:30-11:20a	Pilates MARISA			9:00-9:50a	Mat Pilates LAURA
12:30-1:30p	Body Conditioning ALYSSA	5:30-6:20p	HIIT LINDA	6:00 - 6:50p	Strength Conditioning KARA	1:00-1:50p	Gentle Yoga* JEAN			9:00-9:50a	Aqua POOL Fitness Staff
5:30-6:20p	Kickbox Conditioning LINDA	5:30-6:20p (Studio 4)	Cycle CANDI	6:00-6:50p	Ujam® MARIANNE	4:00-4:50p	Mat Pilates RHONDA			10:00-10:50a	Yoga Vinyasa LAURA
6:00-6:50p	Zumba® JENNIFER					5:00-5:50p	Yoga Flow RHONDA			10:00 - 10:50a	Strength Conditioning KARA
VIRTUAL: ORANGE ZOOM - On-site: Studio 2						5:30-6:00p	Zumba STRONG 30® CANDI				
Virtual: GREEN ZOOM - On-site: Studio 3						6:00-6:50p	Zumba® CANDI				

**\*RESERVATIONS REQUIRED FOR ALL CLASSES TAKEN ON-SITE.**  
 Visit: <http://comfit.smccd.edu>

Aqua POOL Fitness may be replaced with Aqua Social in the event an instructor is absent.  
 Questions? Contact Group Exercise Coordinator Laura Wratten - wratten@smccd.edu

Days & Hours:  
 Monday - Friday 6:00am-7:00pm  
 Saturday-Sunday 7:00am-2:00pm