



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	8:00-8:55a (Studio 4)	Cycle 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)	Sunrise Sprin DEBBIE	8:30-9:25a	Yoga Flow* EMILY
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	9:00-9:50a	Core Blast & HIIT MOUNA
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	9:00-9:50a	Blast on the Deck CANDI
9:00-9:50a	Aqua Social Open Workout	9:30-10:20a	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	Gentle Conditioning* MOUNA
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	10:00-10:50a	Zumba Gold* LAURIE	10:00-10:50a	Zumba® CANDI
10:30-11:20a	Pilates* LAURA	4:00-5:15p	Yoga Yin* CHRISTINE (75)	11:30-12:45p	Yoga Strength & Flexibility VY (75)	9:30-10:30a	Balance & Power* STERLING (75)	11:00-11:50a	Pilates Sculpt LAURA	SUNDAY	
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	5:00-5:50p	Dance Fusion* PHOEBE*		
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* RED
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	Vinyasa Yoga 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				
<p>*RESERVATIONS REQUIRED FOR ALL CLASSES TAKEN ON-SITE. Visit: http://comfit.smccd.edu</p>		<p>Aqua POOL Fitness may be replaced with Aqua Social in the event an instructor is absent. Classes marked with (*) are recommended for beginners. Questions? Contact Group Exercise Coordinator Laura Wratten - wrattenl@smccd.edu</p>								<p>Days & Hours: Monday - Friday 6:00am-7:00pm Saturday-Sunday 7:00am-2:00pm</p>	