

Group Exercise Class Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:00-6:50a Studio 2	Cardio Sculpt YUE	6:00-6:55a Studio 4	Cycle JORY	7:00-7:50am Studio 3	Aligned Vinyasa TAISSIA	6:00-6:55a Studio 4	Cycle JORY	6:00-6:50a Studio 2	Cardio Sculpt YUE	8:00-8:55a Studio 4	Cycle CANDI
7:00-8:15a Studio 2	Hatha Yoga & Meditation CAROL (75)	7:30-8:20a Studio 2	Barre Fusion YUE	8:30 - 9:20a Studio 3	HIIT MOUNA	7:00-7:50a Studio 3	Cup of Jo/Yoga II/III JEAN	7:00-7:55a Studio 4	Sunrise Cycle DEBBIE	8:30-9:20a Studio 2	Yoga Flow EMILY
8:30-9:20a Studio 3	Core Blast MOUNA	8:30 - 9:20a Studio 2	HIIT YUE	9:30-10:20a Studio 3	Gentle Conditioning MOUNA	7:30-8:20a Studio 2	Barre Fusion YUE	7:00-7:50a New Class!	Legs, Bums & Tums KAREN	9:00-9:50a Pool Deck	Blast on the Deck CANDI
9:30-10:20a Studio 3	Body Sculpt MOUNA	9:30-10:20a No class 8/16	Zumba® KIM	9:00-9:55a Studio 4	Cycle LINDELL	8:30 - 9:20a Studio 2	HIIT YUE	8:00-8:50a New Class!	Tabata KAREN	9:00-9:50am Studio 3	Core Blast & HIIT MOUNA
9:00-9:50a No class 8/15	Aqua Strength ELLEN	9:30-10:40a Studio 3	Balance & Power* STERLING (75)	9:00-9:50a No class 8/17	Aqua Strength ELLEN	9:30-10:20p Studio 2	Zumba® KIM	8:00-8:50a Studio 3	Body Sculpt MOUNA	10:00-10:50a Studio 2	Zumba® CANDI
9:00-9:55a Studio 4	Cycle BRETT	10:30-11:20a New Class!	Tabata KAREN	10:30-11:20a Studio 3	Mat Pilates JEAN	9:30-10:40a Studio 3	Balance & Power* STERLING (75)	9:00-9:50a Studio 3	Kickbox Conditioning MOUNA	10:00-10:50am Studio 3	Gentle Conditioning MOUNA
10:30-11:20a Studio 3	Mat Pilates LAURA	1:00-1:50p Studio 2	Gentle Yoga * JEAN	11:30-12:45p Studio 3	Yoga Strength & Flexibility VY (75)	10:30-11:20a New Class!	Tabata KAREN	9:00-9:50a Pool Deck	Aqua POOL Fitness SANDY	SUNDAY	
11:30-12:20p Studio 3	Vinyasa Yoga CHRISTINE	4:00-5:15p Studio 2	Yin Yoga* CHRISTINE (75)	5:00 - 5:50p Studio 2	Barre Fusion YUE	1:00-1:50p Studio 2	Gentle Yoga* JEAN	10:00-10:50a Studio 2	Zumba Gold® * LAURIE		
12:30-1:30p Studio 3	Body Conditioning ALYSSA	5:30-6:20p Studio 2	HIIT LINDA	6:00 - 6:50p Studio 2	Body Conditioning YUE	4:00-4:50p Studio 3	Mat Pilates RHONDA	11:00-11:50a New Day!	Pilates Sculpt LAURA	9:00-9:50a Pool Deck	Party in the Pool RED
5:30-6:20p Studio 2	Kickbox Conditioning LINDA			6:00-6:50p Studio 3	Ujam®/MixedFit® MARIANNE	5:00-5:50p Studio 3	Yoga Flow RHONDA	1:00-1:50p New Class!	TGIF Friday Flow* DEBI	10:00-10:50a Studio 3	Vinyasa Yoga LAURA
7:00-7:50pm Studio 2	Slow Flow Yoga * EMILY			7:00-7:50pm New Class!	Slow Flow Restore* CELINA			5:00-5:50p Studio 2	Dance Fusion PHOEBE		

*RESERVATIONS REQUIRED FOR ALL CYCLING & AQUA CLASSES ONLY.
Visit: <http://comfit.smccd.edu>

Class marked with (*) appropriate for beginners. Questions? Contact Group Exercise Coordinator,
Laura Wratten - wrattenl@smccd.edu

Days & Hours:
Monday - Friday 6:00am-8:30pm
Saturday-Sunday 7:00am-2:00pm
