



## Group Exercise Class Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:00-6:50a	Cardio Sculpt	6:00-6:55a	Cycle	7:00-7:50am	Aligned Vinyasa	6:00-6:55a	Cycle	6:00-6:50a	Cardio Sculpt	8:00-8:55a	Cycle
No class 9/5	YUE	Studio 4	JORY	Studio 3	TAISSIA	Studio 4	JORY	Studio 2	YUE	Studio 4	CANDI
7:00-8:15a	Hatha Yoga & Meditation	7:30-8:20a	Barre Fusion	8:30 - 9:20a	HIIT	7:00-7:50a	Cup of Jo/Yoga II/III	7:00-7:55a	Sunrise Cycle	8:30-9:20a	Yoga Flow
No class 9/5	CAROL (75)	Studio 2	YUE	Studio 3	MOUNA	Studio 3	JEAN	Studio 4	DEBBIE	Studio 2	EMILY
8:30-9:20a	Core Blast	8:30 - 9:20a	HIIT	9:30-10:20a	Gentle Conditioning	7:30-8:20a	Barre Fusion	7:00-7:50a	Legs, Bums & Tums	9:00-9:50a	Blast on the Deck
Studio 3	MOUNA	Studio 2	YUE	Studio 3	MOUNA	Studio 2	YUE	New Class!	KAREN	Pool Deck	CANDI
9:30-10:20a	Body Sculpt	9:30-10:20a	Zumba®	9:00-9:55a	Cycle	8:30 - 9:20a	HIIT	8:00-8:50a	Tabata	9:00-9:50am	Core Blast & HIIT
Studio 3	MOUNA	Studio 2	KIM	Studio 4	LINDELL	Studio 2	YUE	New Class!	KAREN	Studio 3	MOUNA
9:00-9:50a	Aqua Strength	9:30-10:40a	Balance & Power*	9:00-9:50a	Aqua Strength	9:00-9:50a	Aqua Social	8:00-8:50a	Body Sculpt	10:00-10:50a	Zumba®
ELLEN	Studio 3	STERLING (75)	No class 9/7	ELLEN	Pool Deck	Open Workout	Studio 3	MOUNA	Studio 3	Studio 2	CANDI
9:00-9:55a	Cycle	10:30-11:20a	Tabata	10:30-11:20a	Mat Pilates	9:30-10:20p	Zumba®	9:00-9:50a	Kickbox Conditioning	10:00-10:50am	Gentle Conditioning
Studio 4	BRETT	New Class!	KAREN	Studio 3	JEAN	Studio 2	KIM	Studio 3	MOUNA	Studio 3	MOUNA
10:30-11:20a	Mat Pilates	12:00 - 12:50p	10/20/2020	11:30-12:45p	Yoga Strength & Flexibilitv	9:30-10:40a	Balance & Power*	9:00-9:50a	Aqua POOL Fitness	<b>SUNDAY</b>	
Studio 3	LAURA	Starts 9/13	John	Studio 3	VY (75)	Studio 3	STERLING (75)	No 9/9 & 9/16	SANDY		
11:30-12:20p	Vinyasa Yoga	1:00-1:50p	Gentle Yoga *	5:00 - 5:50p	Barre Fusion	10:30-11:20a	Tabata	10:00-10:50a	Zumba Gold® *	9:00-9:50a	Mat Pilates
Studio 3	CHRISTINE	Studio 2	JEAN	Studio 2	YUE	New Class!	KAREN	Studio 2	LAURIE	Studio 2	LAURA
12:30-1:30p	Body Conditioning	4:00-5:15p	Yin Yoga*	6:00 - 6:50p	Body Conditioning	1:00-1:50p	Gentle Yoga*	11:00-11:50a	Pilates Sculpt	9:00-9:50a	Party in the Pool
No class 9/5	ALYSSA	Studio 2	CHRISTINE (75)	Studio 2	YUE	Studio 2	JEAN	Studio 2	LAURA	Pool Deck	RED
5:30-6:20p	Kickbox Conditioning	5:30-6:20p	HIIT	6:00-6:50p	Ujam®/MixedFit®	4:00-4:50p	Mat Pilates	1:00-1:50p	TGIF Friday Flow*	10:00-10:50a	Vinyasa Yoga
No class 9/5	LINDA	Studio 2	LINDA	Studio 3	MARIANNE	Studio 3	RHONDA	Studio 2	DEBI	Studio 3	LAURA
7:00-7:50pm	Slow Flow Yoga *	7:00-8:15pm	Hatha Yoga	7:00-7:50pm	Slow Flow Restore*	5:00-5:50p	Yoga Flow	5:00-5:50p	Dance Fusion		
No class 9/5	EMILY	New Class!	JOHN (75)	Studio 2	CELINA	Studio 3	RHONDA	Studio 2	PHOEBE		
						5:30-6:20p	Strength Conditioning				
						Starts 9/15	WENDY				
						7:00-7:50p	BollyX ***				
						Start 9/22	ARCHANA				

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

Classes marked with (\*) appropriate for beginners. Classes marked with (\*\*\*) offered in studio only. Questions? Contact Group Exercise Coordinator, Laura Wratten - wrattenl@smccd.edu

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

