



Group Exercise Class Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:00-6:50a Studio2	Cardio Sculpt YUE	6:00-6:55a Studio 4	Cycle JORY	7:00-7:50am Studio 3	Aligned Vinyasa TAISSIA			7:10 - 8:00a Studio 2	Legs, Bums & Tums KAREN	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			7:30- 8:25a Studio 4	Sunrise Spin DEBBIE	8:30-9:20a Studio 2	Yoga Flow TAISSIA
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			9:00-9:50a Studio 3	Body Sculpt MOUNA	9:00-9:50a Pool Deck	Blast on the Deck CANDI
9:30-10:20a Studio 3	Body Sculpt MOUNA	9:30-10:20a Studio 2	Zumba® KIM	9:00-9:55a Studio 4	Cycle LINDELL			9:00-9:50a Small Pool	Aqua POOL Fitness SANDY	9:00-9:50am Studio 3	Core Blast & HIIT MOUNA
9:00-9:50a Small Pool	Aqua Social Open Workout	9:30-10:40a Studio 3	Balance & Power* STERLING (75)	9:00-9:50a Small Pool	Aqua Social Open Workout			10:00-10:50a Studio 3	Kickbox Conditioning MOUNA	10:00-10:50a Studio 2	Zumba® CANDI
9:00-9:55a Studio 4	Cycle BRETT	10:30-11:20a Studio 2	Tabata KAREN	10:30-11:20a Studio 3	Mat Pilates JEAN			10:00-10:50a Studio 2	Zumba Gold® * VERONICA	10:00-10:50am Studio 3	Gentle Conditioning MOUNA
10:30-11:20a Studio 3	Mat Pilates LAURA	12:00 - 12:50p New Class!	Strength-Cardio-Stretch John	11:30-12:45p Studio 3	Yoga Strength & Flexibilitv VY (75)			11:30-12:20p Studio 2	TGIF Friday Flow* DEBI	SUNDAY	
11:30-12:20p Studio 3	Vinyasa Yoga CHRISTINE	1:00-1:50p Studio 2	Gentle Yoga * JEAN	12:15-1:10p New Class!	Cycle TIM					9:00-9:50a Studio 2	Mat Pilates LAURA
12:30-1:30p Studio 3	Body Conditioning ALYSSA	4:00-5:15p Studio 2	Yin Yoga* CHRISTINE (75)	5:00 -5:50p Studio 2	Barre Fusion YUE					9:00-9:50a Pool Deck	Party in the Pool NO CLASS 11/27
4:00-4:50p New Class!	Jit Fit*** BRUCE	5:30-6:20p Studio 2	HIIT KAREN	6:00 - 6:50p Studio 2	Body Conditioning YUE					10:00-10:50a Studio 2	Vinyasa Yoga LAURA
5:30-6:20p Studio 2	Kickbox Conditioning LINDA	6:30-7:25p Starts 11/15	Cycle ALYSSA	6:00-6:50p Studio 3	Ujam®/MixedFit® MARIANNE						
7:00-7:50pm Studio 2	Slow Flow Yoga * EMILY	7:00-8:15pm Studio 2	Hatha Yoga JOHN (75)	7:00-7:50pm Studio 2	Slow Flow Restore* CELINA					Thanksgiving Day -Closed No Classes	
										Black Friday 7am - 2pm	

*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
