



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	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 NEW FORMAT	Strength & Spin*** 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 Studio 2	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 Studio 2	Zumba® KIM	9:00-9:55a Studio 4	Cycle*** LINDELL	8:30 - 9:20a Studio 2	HIIT YUE	8:00-9:15a NEW FORMAT	Happy Hatha JOHN	9:00-9:50am Studio 3	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	9:30-10:20p Studio 2	Zumba® KIM	8:30-9:20a NEW TIME	Body Sculpt MOUNA	10:00-10:50a Studio 2	Zumba® CANDI
9:00-9:55a Studio 4	Cycle*** BRETT	10:30-11:20a No class 2/7	Tabata KAREN	10:30-11:20a Studio 3	Mat Pilates JEAN	9:30-10:40a Studio 3	Balance & Power* STERLING (75)	NEW TIME	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 & Flexibilitv VY (75)	10:30-11:20a Studio 2	Tabata KAREN	9:00-9:50a Small Pool	Aqua POOL Fitness SANDY	11:00-12:30p Studio 2	Vinyasa Yoga & Meditation DAVID (90)
11:30-12:20p Studio 3	Vinyasa Yoga*** CHRISTINE	4:00-5:15p Studio 2	Yin Yoga* CHRISTINE (75)	1:00-1:50p NEW TIME	Cycle*** TIM	1:00-1:50p Studio 2	Gentle Yoga* JEAN	10:00-10:50a Studio 2	Zumba Gold® * LAURIE	SUNDAY	
12:30-1:30p Studio 3	Body Conditioning ALYSSA	5:30-6:20p Studio 2	HIIT LINDA	5:00 -5:50p Studio 2	Barre Fusion*** YUE	4:00-4:50p Studio 3	Mat Pilates RHONDA	11:00-11:50a Studio 2	Pilates Sculpt LAURA	9:00-9:50a Studio 2	Mat Pilates LAURA
4:00-4:50p 5-170	Jiu Jitsu Fit*** BRUCE	6:30-7:25p No class 2/7	Cycle*** ALYSSA	6:00 - 6:50p Studio 2	Body Conditioning YUE	5:00-5:50p Studio 3	Yoga Flow RHONDA	1:00-1:50p Studio 2	TGIF Friday Flow* DEBI	9:00-9:50a Pool Deck	Party in the Pool RED
5:00-5:50p Studio 2	Healthy Back NANCY	7:00-8:15pm Studio 2	Hatha Yoga JOHN (75)	6:00-6:50p Studio 3	Ujam®/MixedFit® MARIANNE	5:30-6:20p Studio 2	Strength Conditionin WENDY	4:00-4:50p 5-170	Jiu Jitsu Fit*** BRUCE	10:00-10:50a Studio 2	Vinyasa Yoga LAURA
5:30-6:20p Studio 3	Kickbox Conditioning LINDA			7:00-7:50pm Studio 2	Slow Flow Restore* CELINA	6:00-6:50p Studio 3	BollyX *** ARCHANA	5:00 -5:50p Studio 2	Dance Fusion PHOEBE	10:30-11:20am NEW CLASS	Zumba *** WENDY
6:00-6:50p NEW TIME	DanceMix*** YUKO	RESERVATIONS REQUIRED FOR ALL GROUP EXERCISES CLASSES. Visit to reserve: comfit.smccd.edu									
6:00-6:50pm Pool Deck	Bootcamp*** MIKE	Classes marked with (*) appropriate for beginners. Classes marked with (***) offered in studio only. Questions? Contact Group Exercise Coordinator, Laura Wratten - wrattenl@smccd.edu									
7:00-7:50pm Studio 2	Slow Flow Yoga * EMILY										Membership Hours: Monday-Friday 6:00am-8:30pm Saturday-Sunday 7:00am-2:00pm

