



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 JEAN	7:00-7:50a Studio 2	Legs, Bums & Tums KAREN***	8:30-9:30a Studio 2	Yoga Flow * GEX STAFF
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	8:00-9:15a Studio 2	Happy Hatha * JOHN	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	8:30-9:20a Studio 3	Body Sculpt *** MOUNA	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	9:30-10:20a 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	9:30-10:40a Studio 3	Balance & Power * STERLING (75) ***	9:00-9:50a Small Pool	Aqua POOL Fitness SANDY	10:00-10:50am Studio 3	Gentle Conditioning * MOUNA
10:30-11:20a NEW TIME	Healthy Back * NANCY	1:00-1:50p Studio 2	Gentle Yoga * JEAN	11:30-12:45p Studio 3	Yoga Strength & Flexibility *** VY (75)	10:30-11:20a Studio 2	Tabata KAREN	10:00-10:50a Studio 2	Zumba Gold® * LAURIE	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)	5:00 -5:50p Studio 2	Barre Fusion*** YUE	1:00-1:50p Studio 2	Gentle Yoga * JEAN	11:00-11:50a Studio 2	Pilates Sculpt LAURA	SUNDAY	
12:30-1:30p Studio 3	Body Conditioning ALYSSA	5:00-5:50pm NEW CLASS	Zumba® *** GABY	5:00-5:50p NEW CLASS	Core Flow Yoga * CELINA	4:00-4:50p Studio 3	Mat Pilates * RHONDA	1:00-1:50p Studio 2	TGIF Friday Flow * DEBI	8:30-9:20a Studio 2	Mat Pilates LAURA
4:00-4:50p 5-170	Jiu Jitsu Fit*** BRUCE	5:30-6:20p Studio 2	HIIT LINDA	6:00 - 6:50p Studio 2	Body Conditioning YUE ***	5:00-5:50p Studio 3	Yoga Flow *** RHONDA	4:00-4:50p 5-170	Jiu Jitsu Fit*** BRUCE	8:30-9:25a NEW CLASS	Cycle*** TIM
5:00-5:50p NEW CLASS	Total Body Pilates LAURA	6:30-7:25p Studio 4	Cycle*** ALYSSA	6:00-6:50p Studio 3	UJAM®/MixedFit® MARIANNE	5:00-5:50p NEW CLASS	TRX on the Deck*** KARI	5:00 -5:50p Studio 2	Dance Fusion PHOEBE	9:00-9:50a Small Pool	Party in the Pool * RED
5:30-6:20p Studio 2	Kickbox Conditioning LINDA	7:00-8:15pm Studio 2	Hatha Yoga JOHN (75)			6:00-6:50p Studio 2	Strength Conditioning WENDY			9:30a-10:20a Studio 2	Vinyasa Yoga LAURA
6:00-6:50p Studio 3	DanceMix*** YUKO					6:00-6:50p Studio 3	BollyX *** ARCHANA			10:30-11:20a Studio 2	Zumba® *** WENDY
6:30-7:20p Studio 2	Body Weight Burn*** GREY	RESERVATIONS REQUIRED FOR ALL GROUP EXERCISES CLASSES									
7:00-8:00pm Studio 3	Vinyasa Krama * YUKO	Classes marked with (*) appropriate for beginners. Classes marked with (***) offered in studio only. Questions? Contact Laura Wratten - wrattenl@smccd.edu									
		Membership Hours: Monday-Friday 6:00am-8:30pm Saturday-Sunday 7:00am-2:00pm									

