



**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 2	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 BEATS*** 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	7:30-8:20a Studio 2	Barre Fusion YUE	7:00-7:50a Studio 2	Legs, Bums & Tums KAREN***	8:30-9:30a Studio 2	Yoga Flow * EMILY
8:30-9:20a MOUNA	Core Blast MOUNA	8:30 - 9:20a Studio 2	HIIT YUE	9:30-10:20a Studio 3	Gentle Conditioning MOUNA	8:30 - 9:20a Studio 2	HIIT YUE	8:30-9:20a Studio 3	Body Sculpt *** MOUNA	9:00-9:50a Pool Deck	Blast on the Deck *** CANDI
9:30-10:20a MOUNA	Body Sculpt MOUNA	9:30-10:20a Studio 2	Zumba® KIM	9:00-9:55a NEW DAY	Cycle*** BRETT	9:30-10:20p Studio 2	Zumba® *** KIM	9:30-10:20a Studio 3	Kickbox Conditioning MOUNA ***	9:00-9:50am Studio 3	HIIT MOUNA
9:00-9:50a Small Pool	Aqua Fit DIANNA	9:30-10:40a Studio 3	Balance & Power * STERLING (75)	9:00-9:50a Small Pool	Aqua Fit DIANNA	9:30-10:40a Studio 3	Balance & Power * STERLING (75) ***	9:00-9:50a Small Pool	Aqua POOL Fitness SANDY	10:00-10:50a Studio 2	Zumba® CANDI
9:00-9:55a NEW CLASS	Cycle *** KAREN	1:00-1:50p WORKSHOP	Yoga From Inside JOHN	10:30-11:20a Studio 3	Mat Pilates * JEAN	10:30-11:20a Studio 2	Tabata KAREN	10:00-10:50a Studio 2	Zumba Gold® * LAURIE ***	10:00-10:50am Studio 3	Gentle Conditioning * MOUNA
10:30-11:20a Studio 3	Healthy Back * NANCY		Yin Yoga * CHRISTINE (75)	11:30-12:45p Studio 3	Yoga Strength & Flexibility *** VY (75)	1:00-1:50p Studio 2	Gentle Yoga * DEBI/CHRISTINE	11:00-11:50a Studio 2	Total Body Pilates LAURA	11:00-12:30p Studio 2	Vinyasa Yoga & Meditation DAVID *** (90)
11:30-12:20p Studio 3	Vinyasa Yoga *** CHRISTINE	5:00-5:50pm Studio 3	Zumba® *** GABY	5:15 - 6:05p Studio 2	Barre Fusion *** YUE	4:00-4:50p Studio 3	Mat Pilates * RHONDA	1:00-1:50p Studio 2	TGIF Friday Flow * DEBI	<b>SUNDAY</b>	
12:30-1:30p Studio 3	Body Conditioning ALYSSA	5:30-6:20p Studio 4	HIIT LINDA	5:00-5:50p Studio 3	Core Flow Yoga * CELINA	5:00-5:50p Studio 3	Yoga Flow *** RHONDA	4:00-4:50p 5-170	Jiu Jitsu Fit *** BRUCE		
4:00-4:50p 5-170	Jiu Jitsu Fit *** BRUCE	6:30-7:25p Studio 4	Cycle *** ALYSSA	6:00-6:50p Studio 2	Body Conditioning YUE ***	5:30-5:55p NEW CLASS	Strength Express WENDY	5:00 - 5:50p Studio 2	Move & Groove JOHN	8:30-9:25a Studio 4	Cycle *** TIM
5:30-6:20p Studio 2	Kickbox Conditioning LINDA	7:00-8:15pm Studio 2	Hatha Yoga JOHN (75)	6:00-6:50p Studio 3	UJAM®/MixedFit® MARIANNE	6:00-6:50p NEW CLASS	Zumba *** WENDY			9:00-9:50a Small Pool	Party in the Pool * RED
6:00-6:50p Studio 3	DanceMix YUKO									9:30a-10:20a Studio 2	Vinyasa Yoga LAURA
7:00-8:00pm Studio 3	Vinyasa Krama * YUKO									10:30-11:20a Studio 2	Zumba® *** WENDY
<b>RESERVATIONS REQUIRED FOR ALL GROUP EXERCISES CLASSES</b>											
Classes marked with (*) appropriate for beginners. Classes marked with (***) offered in studio only.											
Questions? Contact Laura Wratten - wrattenl@smccd.edu											
										Monday-Friday 6:00am - 8:30pm Saturday 7:00am - 5:00pm Sunday 7:00am - 2:00pm	

