



Group Exercise Class Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:00-6:50a Studio 2	Cardio Sculpt YUE	8:15-9:00am Studio 2	Barre Fusion YUE	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)	9:00-9:45am Studio 3	HIIT YUE	8:30 - 9:20a Studio 3	HIIT WENDY	7:30-8:20a Studio 2	Barre Fusion YUE	7:00-7:50a No class 7/7	Legs, Bums & Tums KAREN ***	8:30-9:30a Studio 2	Yoga Flow * DEBI
8:30-9:20a No class 7/3	Core Blast MOUNA	9:30-10:20a Studio 2	Zumba® PHOEBE	9:30-10:20a Studio 3	Gentle Conditioning MARISA	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 No class 7/3	Body Sculpt MOUNA	9:45-10:30a Studio 3	Balance & Power * YUE	9:00-9:55a Studio 4	Cycle *** LINDELL	9:30-10:20p Studio 2	Zumba® *** GABY	9:30-10:20a Studio 3	Kickbox Conditioning MOUNA ***	9:00-9:50am Studio 3	HIIT MOUNA
9:00-9:50a Ends 7/19	Summer In the Pool RED	10:30-11:20a Studio 2	Vinyasa Yoga YUKO	9:00-9:50a Ends 7/19	Summer in the Pool RED	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 Studio 4	Cycle *** BRETT			10:30-11:20a Studio 3	Mat Pilates * MARISA	10:30-11:20a No class 7/6	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			11:30-12:45p Studio 3	Yoga Strength & Flexibility *** DEBI	1:00-1:50p Studio 2	Gentle Yoga * DEBI	11:00-11:50a Studio 2	Pilates Sculpt KARI	11:00-12:30p Studio 2	Vinyasa Yoga & Meditation DAVID *** (90)
11:30-12:20p Studio 3	Vinyasa Yoga *** DEBI			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	SUNDAY	
12:30-1:30p Studio 3	Body Conditioning ALYSSA			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			6:00-6:50p Studio 2	Body Conditioning YUE ***	6:00-6:50p Studio 2	Strength Conditioning WENDY	5:00 - 5:50p NEW CLASS	Move & Groove JOHN	8:30-9:25a Studio 4	Cycle *** TIM
5:00-5:50p Returns 8/1	Total Body Pilates GEX STAFF			6:00-6:50p Studio 3	UJAM®/MixedFit® WENDY	6:00-6:50p Studio 3	BollyX *** ARCHANA			9:00-9:50a Small Pool	Party in the Pool * RED
5:30-6:20p Studio 2	Kickbox Conditioning LINDA									9:30a-10:20a Studio 2	Vinyasa Yoga ARMANDEEP
6:00-6:50p Studio 3	DanceMix YUKO									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 Classes marked with (*) appropriate for beginners. Classes marked with (***) offered in studio only. Questions? Contact Laura Wratten - wrattenl@smccd.edu									
7:00-8:00pm Studio 3	Vinyasa Krama * YUKO										
										Monday-Friday 6:00am - 8:30pm Saturday 7:00am - 5:00pm Sunday 7:00am - 2:00pm	

