



Group Exercise Class Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:00-6:50a Studio	Cardio Sculpt *** YUE	6:00-6:55a Studio 4	Cycle *** KAREN	7:00-7:50am Studio 2	Aligned Vinyasa TAISSIA	6:00-6:55a Studio 4	Cycle *** SCOTT	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)	7:15-8:00a Studio 2	Barre Fusion YUE	8:30 - 9:20a Studio 3	HIIT MOUNA	7:15-8:00a 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 Studio 3	Core Blast MOUNA	8:10-8:55a Studio 2	HIIT YUE	9:00-9:50a Small Pool	Aqua Fit * NICOLE	8:10-8:55a Studio 2	HIIT YUE	8:30-9:20a Studio 3	Body Sculpt *** MOUNA	9:00-9:50a Pool Deck	Blast on the Deck *** CANDI
9:00-9:55a Studio 4	Cycle *** KAREN	9:10-9:55a Small Pool	Aqua Fit * YUE	9:30-10:20a Studio 3	Gentle Conditioning MOUNA	9:10-9:55a Small Pool	Aqua Fit * YUE	9:30-10:20am Studio 3	Kickbox Conditioning MOUNA ***	9:00-9:50am Studio 3	HIIT MOUNA
9:30-10:20a Studio 3	Body Sculpt MOUNA	9:30-10:20a Studio 2	Zumba® *** KIM	9:00-9:55a Studio 4	Cycle *** BRETT	9:30-10:40a Studio 3	Balance & Power * STERLING (75) ***	9:00-9:50a Small Pool	Aqua Fit * NICOLE	10:00-10:50a Studio 2	Zumba® CANDI
10:30-11:20a Studio 3	Healthy Back *** NANCY	9:30-10:40a Studio 3	Balance & Power * STERLING ***	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
11:30-12:20p Studio 3	Vinyasa Yoga *** CHRISTINE	10:30-11:30a Studio 2	Yoga & Meditation * SUSANA ***	11:30-12:45p Studio 3	Yoga Strength & Flexibility *** VY (75)	1:00-1:50p Studio 2	Gentle Yoga * JEAN	11:00-11:50a Studio 2	Total Body Pilates LAURA	11:00-12:30p Studio 2	Vinyasa Yoga & Meditation DAVID *** (90)
12:30-1:30p Studio 3	Body Conditioning ALYSSA	1:00-1:50p Studio 2	Gentle Yoga * JEAN	4:30-5:20p 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	
4:30-5:20p Studio 2	Zumba® *** GABY	4:00-5:15p Studio 2	Yin Yoga *** CHRISTINE (75)	5:30-6:20p Studio 2	Body Conditioning YUE ***	5:00-5:50p Studio 3	Yoga Flow *** RHONDA	4:00-4:50p 5-170	Jiu Jitsu Fit *** BRUCE	8:30-9:20a Studio 2	Mat Pilates LAURA
5:00-6:15p Studio 3	Yoga Fit & Fun *** JOHN	5:00-5:50p Studio 4	Cycle *** ALYSSA	6:00-6:50p Studio 3	UJAM®/MixedFit® MARIANNE	5:30-5:55p Studio 2	Strength Express *** WENDY	4:00-4:45p Studio 2	Total Body Circuit YUE ***	8:30-9:25a Studio 4	Cycle *** TIM
5:30-6:20p Studio 2	Kickbox Conditioning LINDA	5:30-6:20p Studio 2	HIIT LINDA			6:00-6:50p Studio 2	Zumba *** WENDY			9:00-9:50a Small Pool	Party in the Pool * RED
Hours Monday-Friday 6:00am - 8:30pm Saturday 7:00am - 5:00pm Sunday 7:00am - 2:00pm		6:00-6:50p Studio 3	Mat Pilates *** JESSICA *	Classes marked with (*) appropriate for beginners. Classes marked with (***) offered in studio only. Questions? Mouna Soudah at soudahm@smccd.edu .						9:30a-10:20a Studio 2	Vinyasa Yoga LAURA
		7:00-8:15pm Studio 2	Hatha Yoga *** JOHN (75)							10:30-11:20a Studio 2	Zumba® *** WENDY

