



## Group Exercise Class Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:00-6:50a Studio	<b>Cardio Sculpt</b> *** YUE	6:00-6:55a Studio 4	<b>Cycle</b> *** KAREN	7:00-7:50am Studio 2	<b>Aligned Vinyasa</b> TAISSIA	6:00-6:55a Studio 4	<b>Cycle</b> *** SCOTT	6:00-6:50a Studio 2	<b>Cardio Sculpt</b> *** YUE	8:00-8:55a Studio 4	<b>Cycle BEATS</b> *** CANDI
7:00-8:15a Studio 2	<b>Hatha Yoga &amp; Meditation</b> * CAROL (75)	7:15-8:00a NEW TIME	<b>Barre Fusion</b> YUE	8:00-8:50a NEW CLASS	<b>Aqua Fit</b> * NICOLE	7:15-8:00a NEW TIME	<b>Barre Fusion</b> YUE	7:00-7:50a Studio 2	<b>Legs, Bums &amp; Tums</b> KAREN ***	8:30-9:30a Studio 2	<b>Yoga Flow</b> * EMILY
8:30-9:20a Studio 3	<b>Core Blast</b> MOUNA	8:10-8:55a NEW TIME	<b>HIIT</b> YUE	8:30 - 9:20a Studio 3	<b>HIIT</b> MOUNA	8:10-8:55a NEW TIME	<b>HIIT</b> YUE	8:30-9:20a Studio 3	<b>Body Sculpt</b> *** MOUNA	9:00-9:50a Pool Deck	<b>Blast on the Deck</b> *** CANDI
9:00-9:55a Studio 4	<b>Cycle</b> *** KAREN	9:10-9:55a NEW CLASS	<b>Aqua Fit</b> * YUE	9:30-10:20a Studio 3	<b>Gentle Conditioning</b> MOUNA	9:10-9:55a NEW CLASS	<b>Aqua Fit</b> * YUE	9:30-10:20a Studio 3	<b>Kickbox Conditioning</b> MOUNA ***	9:00-9:50am Studio 3	<b>HIIT</b> MOUNA
9:30-10:20a Studio 3	<b>Body Sculpt</b> MOUNA	9:30-10:20a Studio 2	<b>Zumba®</b> *** KIM	9:00-9:55a Studio 4	<b>Cycle</b> *** BRETT	9:30-10:40a Studio 3	<b>Balance &amp; Power</b> * STERLING (75) ***	9:00-9:50a NEW CLASS	<b>Aqua Fit</b> * NICOLE	10:00-10:50a Studio 2	<b>Zumba®</b> CANDI
10:30-11:20a Studio 3	<b>Healthy Back</b> *** NANCY	9:30-10:40a Studio 3	<b>Balance &amp; Power</b> * STERLING ***	10:30-11:20a Studio 3	<b>Mat Pilates</b> * JEAN	10:30-11:20a Studio 2	<b>Tabata</b> KAREN	10:00-10:50a Studio 2	<b>Zumba Gold®</b> * LAURIE ***	10:00-10:50am Studio 3	<b>Gentle Conditioning</b> * MOUNA
11:30-12:20p Studio 3	<b>Vinyasa Yoga</b> *** CHRISTINE	10:30-11:30a NEW CLASS	<b>Yoga &amp; Meditation</b> * SUSANA ***	11:30-12:45p Studio 3	<b>Yoga Strength &amp; Flexibility</b> *** VY (75)	1:00-1:50p Studio 2	<b>Gentle Yoga</b> * JEAN	11:00-11:50a Studio 2	<b>Total Body Pilates</b> LAURA	11:00-12:30p Studio 2	<b>Vinyasa Yoga &amp; Meditation</b> DAVID *** (90)
12:30-1:30p Studio 3	<b>Body Conditioning</b> ALYSSA	1:00-1:50p Studio 2	<b>Gentle Yoga</b> * JEAN	4:30-5:20p NEW TIME	<b>Barre Fusion</b> *** YUE	4:00-4:50p Studio 3	<b>Mat Pilates</b> * RHONDA	1:00-1:50p Studio 2	<b>TGIF Friday Flow</b> * DEBI	<b>SUNDAY</b>	
4:30-5:20p Studio 2	<b>Zumba®</b> *** GABY	4:00-5:15p Studio 2	<b>Yin Yoga</b> *** CHRISTINE (75)	5:30-6:20p NEW TIME	<b>Body Conditioning</b> YUE ***	5:00-5:50p Studio 3	<b>Yoga Flow</b> *** RHONDA	4:00-4:50p 5-170	<b>Jiu Jitsu Fit</b> *** BRUCE	8:30-9:20a Studio 2	<b>Mat Pilates</b> LAURA
5:00-6:15p Studio 3	<b>Yoga Fit &amp; Fun</b> *** JOHN	5:00-5:50p Studio 4	<b>Cycle</b> *** ALYSSA	6:00-6:50p Studio 3	<b>UJAM®/MixedFit®</b> MARIANNE	5:30-5:55p Studio 2	<b>Strength Express</b> *** WENDY	4:00-4:45p Starts 1/19	<b>Total Body Circuit</b> YUE ***	8:30-9:25a Studio 4	<b>Cycle</b> *** TIM
5:30-6:20p Studio 2	<b>Kickbox Conditioning</b> LINDA	5:30-6:20p Studio 2	<b>HIIT</b> LINDA			6:00-6:50p Studio 2	<b>Zumba</b> *** WENDY			9:00-9:50a Small Pool	<b>Party in the Pool</b> * RED
<b>Hours</b> <b>Monday-Friday</b> 6:00am - 8:30pm <b>Saturday</b> 7:00am - 5:00pm <b>Sunday</b> 7:00am - 2:00pm		6:00-6:50p NEW CLASS	<b>Mat Pilates</b> *** JESSICA *	Classes marked with (*) appropriate for beginners. Classes marked with (***) offered in studio only. Questions? Mouna Soudah at <a href="mailto:soudahm@smccd.edu">soudahm@smccd.edu</a> .						9:30a-10:20a Studio 2	<b>Vinyasa Yoga</b> LAURA
		7:00-8:15pm Studio 2	<b>Hatha Yoga</b> *** JOHN (75)							10:30-11:20a Studio 2	<b>Zumba®</b> *** WENDY

