



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	6:00-6:55a NEW CLASS Cycle *** KAREN	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	6:00-6:50a Studio 2 Cardio Sculpt *** YUE	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	7:00-7:50a Studio 2 Legs, Bums & Tums KAREN ***	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	8:30-9:20a Studio 3 Body Sculpt *** 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	9:30-10:20a Studio 2 Zumba® *** KIM	9:30-10:20am Studio 3 Kickbox Conditioning MOUNA ***	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)	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)	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	1:00-1:50p Studio 2 Gentle Yoga * JEAN	11:00-11:50a Studio 2 Total Body Pilates LAURA	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 ***	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	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	5:00-5:50p Studio 3 Yoga Flow *** RHONDA	4:00-4:50p 5-170 Jiu Jitsu Fit *** BRUCE	
5:30-6:20p Studio 2 Kickbox Conditioning LINDA	5:30-6:20p Studio 2 HIIT LINDA		5:30-5:55p Studio 2 Strength Express *** WENDY	4:00-4:45p Studio 2 Total Body Circuit YUE ***	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 *		6:00-6:50p Studio 2 Zumba *** WENDY		9:30a-10:20a Studio 2 Vinyasa Yoga LAURA
		Classes marked with (*) appropriate for beginners. Classes marked with (***) are studio only. Questions? Mouna Soudah at soudahm@smccd.edu .									10:30-11:20a Studio 2 Zumba® *** WENDY