



## Group Exercise Class Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:00-6:50a Studio 2	<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 Studio 2	<b>Barre Fusion</b> YUE	7:30 - 8:20a Studio 3	<b>JazzLatin</b> * SUSANA ***	6:30-7:20a Studio 3	<b>Body Sculpt</b> *** AMANDEEP *	7:00-7:50a Studio 2	<b>Strength &amp; Toning</b> * KAREN ***	8:30-9:30a Studio 2	<b>Yoga Flow</b> * EMILY
8:30-9:20a Studio 2	<b>Zumba®</b> *** JOHN	8:10-8:55a Studio 2	<b>HIIT</b> YUE	8:30-9:45a Studio 2	<b>Yoga &amp; Meditation</b> * SUSANA ***	7:15-8:00a Studio 2	<b>Barre Fusion</b> YUE	8:30-9:20a Studio 2	<b>Body Sculpt</b> *** MOUNA	9:00-9:50a Pool Deck	<b>Blast on the Deck</b> *** CANDI
8:30-9:20a Studio 3	<b>Core Blast</b> MOUNA	9:10-9:55a Small Pool	<b>Aqua Fit</b> * YUE	8:30 - 9:20a Studio 3	<b>HIIT</b> MOUNA	8:10-8:55a Studio 2	<b>HIIT</b> YUE	9:00-9:50a Small Pool	<b>Aqua Fit</b> * SANDY	8:00-8:50a Studio 3	<b>Cardio Step</b> * MARGARET ***
9:00-9:50a Small Pool	<b>Aqua Fit</b> * SANDRA	9:00-9:50am Studio 3	<b>Zumba®</b> *** KIM	9:00-9:50a Small Pool	<b>Aqua Fit</b> * AMANDEEP	8:00-8:50a Studio 3	<b>Cardio Step</b> * MARGARET ***	9:30-10:20am Studio 3	<b>Kickboxing</b> MOUNA ***	9:00-9:50am Studio 3	<b>HIIT</b> MOUNA
9:00-9:55a Studio 4	<b>Cycle</b> *** KAREN	10:00-10:50a Studio 3	<b>Balance &amp; Power</b> * STERLING ***	9:30-10:20a Studio 3	<b>Gentle Conditioning</b> * MOUNA	9:10-9:55a Small Pool	<b>Aqua Fit</b> * YUE	10:00-10:50a Studio 2	<b>Zumba Gold®</b> * SANDRA ***	10:00-10:50a Studio 2	<b>Zumba®</b> CANDI
9:30-10:20a Studio 2	<b>Functional Stretch</b> * AMANDEEP ***	4:00-5:15p Studio 3	<b>Yin Yoga</b> *** CHRISTINE (75)	9:00-9:55a Studio 4	<b>Cycle</b> *** BRETT	9:00-9:50am Studio 3	<b>Zumba®</b> *** KIM	11:00-11:50a Studio 2	<b>Total Body Pilates</b> LAURA	10:00-10:50am Studio 3	<b>Gentle Conditioning</b> * MOUNA
9:30-10:20a Studio 3	<b>Body Sculpt</b> MOUNA	5:00-5:50p Studio 4	<b>Cycle</b> *** ALYSSA	10:00-10:50a Studio 2	<b>BollyX</b> *** AMANDEEP	10:00-10:50a Studio 3	<b>Balance &amp; Power</b> * STERLING ***	12:00-12:50 Studio 2	<b>LaBlast®</b> * Sandy ***	11:00-12:30p Studio 2	<b>Vinyasa Yoga &amp; Meditation</b> DAVID *** (90)
10:30-11:20a Studio 2	<b>Healthy Back</b> *** NANCY	5:30-6:20p Studio 2	<b>HIIT</b> LINDA	10:30-11:20a Studio 3	<b>Mat Pilates</b> * JEAN	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>	
10:30-11:20a Studio 3	<b>Total Body Circuit</b> AMANDEEP ***	5:30-6:20p NEW TIME	<b>Mat Pilates</b> *** LAURA *	11:00-11:50a Studio 2	<b>Functional Strength</b> * AMANDEEP ***	5:00-5:50p Studio 3	<b>Yoga Flow</b> *** RHONDA	4:00-4:45p Studio 2	<b>Total Body Circuit</b> YUE ***	8:30-9:20a Studio 2	<b>Mat Pilates</b> LAURA
11:30-12:20p Studio 2	<b>Vinyasa Yoga</b> *** CHRISTINE	7:00-8:15pm Studio 2	<b>Hatha Yoga</b> *** JOHN (75)	11:30-12:45p Studio 3	<b>Yoga Strength &amp; Flexibility</b> *** VY (75)	5:30-5:55p Studio 2	<b>Strength Express</b> *** WENDY			8:30-9:20am Studio 3	<b>BollyX</b> * THARINY ***
12:30-1:20 Studio 2	<b>Gentle Yoga</b> * JEAN			4:30-5:20p Studio 2	<b>Barre Fusion</b> *** YUE	6:00-6:50p Studio 2	<b>Zumba</b> *** WENDY			9:00-9:50a Small Pool	<b>Party in the Pool</b> * RED
12:30-1:30p Studio 3	<b>Body Conditioning</b> ALYSSA			5:30-6:20p Studio 2	<b>Body Conditioning</b> YUE ***					9:30-10:25a Studio 4	<b>Cycle</b> *** TIM
4:30-5:20p Studio 2	<b>Zumba®</b> *** GABY			6:00-6:50p Studio 3	<b>UJAM®/MixedFit®</b> MARIANNE					9:30a-10:20a Studio 2	<b>Vinyasa Yoga</b> LAURA
5:00-6:15p Studio 3	<b>Yoga Fit &amp; Fun</b> *** JOHN			<b>Hours</b> Monday-Friday 6:00am - 8:30pm Saturday 7:00am - 5:30pm Sunday 7:00am - 5:30pm		Classes marked with (*) appropriate for beginners. Classes marked with (***) are studio only. Questions? Mouna Soudah at <a href="mailto:soudahm@smccd.edu">soudahm@smccd.edu</a> .				10:30-11:20a Studio 2	<b>Zumba®</b> *** WENDY
5:30-6:20p Studio 2	<b>Kickbox Conditioning</b> LINDA										