



COLLEGE OF SAN MATEO
ATHLETIC CENTER
 Your community connection to education and fitness.

November 2024

Group Exercise Class Schedule

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

