



## 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 3	Hatha Yoga & Meditation* CAROL*** (75)	7:15-8:00a New Instructor	Body Sculpt KAREN	8:30-9:45a Studio 2	Yoga & Meditation* SUSANA***	6:30-7:20a Studio 3	Body Sculpt*** AMANDEEP*	7:00-7:50a ends 5/9	Strength & Toning* KAREN***	8:30-9:30a Studio 2	Yoga Flow* EMILY		
7:00-7:50am NEW CLASS	Barre Fusion YUE	8:10-9:00 New Instructor	HIIT LINDA L.	8:30 - 9:20a Studio 3	HIIT MOUNA	7:30-8:50a New TIME	Core Blast JO	7:00-7:50am starts 5/16	Barre Fusion YUE	9:00-9:50a Pool Deck	Blast on the Deck*** CANDI		
8:30-9:20a Studio 2	Core Blast MOUNA	9:00-9:50am Studio 3	Zumba@*** KIM	9:00-9:50a Small Pool	Aqua Fit* AMANDEEP	8:30-8:50a New TIME	HIIT JO	8:30-9:20a Studio 2	Body Sculpt*** MOUNA	9:00-9:50am Studio 3	HIIT MOUNA		
8:30-9:20a Studio 3	BollyX Low Impact* AMANDEEP***	9:10-9:55a Small Pool	Aqua Fit* YUE	9:00-9:55a Studio 4	Cycle*** BRETT	9:00-9:50am Studio 3	Zumba@*** KIM	8:30 - 9:20a Studio 3	JazzLatin* SUSANA***	10:00-10:50a Studio 2	Zumba@ CANDI		
9:00-9:50a Small Pool	Aqua Zumba* SANDRA	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	9:00-9:50a Small Pool	Aqua Fit* SANDY	10:00-10:50am Studio 3	Gentle Conditioning* MOUNA		
9:00-9:55a Studio 4	Cycle*** KAREN	4:00-5:15p Studio 2	Yin Yoga*** CHRISTINE (75)	10:00-10:50a Studio 2	Functional Stretch* AMANDEEP***	10:00-10:50a Studio 3	Balance & Power* STERLING***	9:30-10:20am Studio 3	Kickboxing MOUNA***	11:00-12:30p Studio 2	Vinyasa Yoga & Meditation DAVID*** (90)		
9:30-10:20a Studio 3	Functional Stretch* AMANDEEP***	5:00-5:50p Studio 4	Cycle*** ALYSSA	10:30-11:20a Studio 3	Mat Pilates* JEAN	4:00-4:50p Studio 3	Mat Pilates* RHONDA	10:00-10:50a Studio 2	Zumba Gold@* SANDRA***				
9:30-10:20a Studio 2	Body Sculpt MOUNA	5:30-6:20p Studio 3	HIIT LINDA	11:10-12:00p NEW CLASS	Barre Fusion*** YUE	5:00-5:50p Studio 3	Yoga Flow*** RHONDA	11:00-11:50a Studio 3	Body Conditioning JOURMANA***	<b>SUNDAY</b>			
10:30-11:20a Studio 2	Healthy Back*** NANCY	5:30-6:20p Studio 2	Mat Pilates*** LAURA*	11:30-12:45p Studio 3	Yoga Strength & Flexibility*** VY (75)	5:30-6:20p Studio 4	Cycle*** LISA	11:00-11:50a Studio 2	Total Body Pilates LAURA			8:30-9:20a Studio 2	Mat Pilates LAURA
10:30-11:20a Studio 3	Total Body Circuit AMANDEEP***	7:00-8:15pm Studio 2	Hatha Yoga*** JOHN (75)	4:30-5:20p TIME CHANGE	Zumba@*** GABY	6:00-6:50p New Instructor	Zumba*** CASSIE	1:00-1:50p Studio 2	TGIF Friday Flow* DEBI	8:30-9:20am Studio 3	BollyX* Thariny***		
11:30-12:20p Studio 2	Vinyasa Yoga*** CHRISTINE			4:30-5:20p Studio 2	Yoga*** SUSANA***			2:00-2:50p Studio 2	Mindful Movement* DEBI***	9:00-9:50a Small Pool	Party in the Pool* RED		
12:30-1:20 Studio 2	Gentle Yoga* JEAN			5:30-6:20p Studio 2	Body Conditioning JOURMANA***			5:00-5:45p Studio 2	Total Body Circuit YUE***	9:30-10:25a Studio 4	Cycle*** TIM		
12:40-1:30p Studio 3	Body Conditioning ALYSSA			6:00-6:50p Studio 3	UJAM@/MixedFit@ MARIANNE					9:30a-10:20a Studio 2	Vinyasa Yoga LAURA		
4:30-5:20p Studio 2	Zumba@*** GABY	<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	Zumba@*** WENDY
5:00-6:15p Studio 3	Light Yoga and Breathwork*** JOHN											10:30-11:20a NEW CLASS	Total Body Circuit JOURMANA***
5:30-6:20p Studio 3	Kickbox Conditioning												

Studio 2 LINDA