JULY 2025

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***** SCOTT
7:00-8:15a Studio 3	**Hatha Yoga & Meditation *** CAROL *** (75)	7:10-8:00a NEW CLASS	**Barre Fusion** KRISTIN	8:30-9:45a Studio 2	**Yoga & Meditation *** SUSANA ***	6:30-7:20a Studio 3	**Body Sculpt ***** AMANDEEP *	7:00-7:50am Studio 2	**Barre Fusion** YUE	8:30-9:30a Studio 2	**Yoga Flow *** RUTH
7:00-7:50am Studio 2	**Barre Fusion** YUE	8:10-9:00 Studio 2	**HIIT** LINDA L.	8:30 - 9:20a Studio 3	**HIIT** MOUNA	7:30-8:20a Studio 2	**Core Blast** JO	8:30-9:20a Studio 2	**Body Sculpt ***** MOUNA	9:00-9:50am Studio 3	**HIIT** MOUNA
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	8:00-8:50a Studio 3	**Cardio Step***** MARGARET	8:30 - 9:20a Studio 3	**JazzLatin *** SUSANA***	10:00-10:50a Studio 2	**Zumba®** SANDRA
8:30-9:20a NEW CLASS	**Kickboxing *** Linda***	9:00-9:50a Small Pool	**Aqua Fit *** YUE	9:00-9:55a Studio 4	**Cycle***** BRETT	8:30-9:20a Studio 2	**HIIT** JO	9:00-9:50a Small Pool	**Aqua Fit *** SANDY	10:00-10:50am Studio 3	**Gentle Conditioning *** MOUNA
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	9:00-9:50am Studio 3	**Zumba® ***** mi	9:30-10:20am Studio 3	**Kickboxing** MOUNA ***	11:00-12:30p Studio 2	**Vinyasa Yoga & Meditation** DAVID *** (90)
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 ***	9:00-9:50a Small Pool	**Aqua Fit *** YUE	10:00-10:50a Studio 2	**Zumba Gold® *** SANDRA***		
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	10:00-10:50a Studio 3	**Balance & Power *** STERLING ***	11:00-11:50a Studio 2	**Total Body Pilates** LAURA		
9:30-10:20a Studio 2	**Body Sculpt** MOUNA	5:30-6:20p Studio 3	**HIIT** LINDA	11:10-12:00p Studio 2	**Barre Fusion ***** YUE	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 2	**Healthy Back ***** NANCY	5:30-6:20p Studio 2	**Mat Pilates ***** LAURA *	11:30-12:45p Studio 3	**Yoga Strength & Flexibility***** VY (75)	5:00-5:50p Studio 3	**Yoga Flow ***** RHONDA	2:00-2:50p Studio 2	**Mindful Movement*** DEBI ***	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 Studio 3	**Zumba® ***** GABY	5:00-5:50p Studio 2	**Body Sculpt ***** YANA *	5:00-5:45p Studio 2	**Bootcamp** YUE ***	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 *	6:00-6:50p Studio 2	**Vinyasa Yoga ***** YANA *			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** JOUMANA ***	6:00-6:500p NEW CLASS	**Zumba® ***** VANESA			9:30-10:25a Studio 4	**Cycle***** TIM
12:40-1:30p Studio 3	**Body Conditioning** ALYSSA			5:30-6:20p Studio 4	**Cycle***** LISA					9:30a-10:20a Studio 2	**Vinyasa Yoga** LAURA
4:30-5:20p Studio 2	**Zumba® ***** GABY			6:00-6:50p Studio 3	**UJAM®/MixxedFit®** MARIANNE					10:30-11:20a Studio 2	**Zumba® ***** WENDY
5:00-5:50p NEW CLASS	**Yoga Flow***** DEBI	**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**.						10:30-11:20a Studio 3	**Total Body Circuit** JOUMANA ***
5:30-6:20p Studio 2	**Kickbox Conditioning** LINDA										