

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 Studio 2	Barre Fusion KRISTIN	8:30-9:45a Studio 2	Yoga & Meditation* SUSANA***	7:00-7:50a STARTS 8/14	Barre Fusion*** KRISTIN	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@*** SANDRA	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	
8:30-9:20am NEW CLASS	Zumba@*** Rosario	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@*** KIM	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*** JOLIMANA***	6:00-6:50p Studio 3	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@/MixedFit@ MARIANNE					10:30-11:20a Studio 2	Zumba@*** WENDY	
5:00-5:50p Studio 3	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 <a href="mailto:soudahm@smccd.edu">soudahm@smccd.edu</a> .							10:30-11:20a Studio 3	Total Body Circuit JOLIMANA***
5:30-6:20p Studio 2	Kickbox Conditioning LINDA											