

## Group Exercise Class Schedule

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> SCOTT
7:00-8:15a Studio 3	<b>Hatha Yoga &amp; Meditation *</b> CAROL *** (75)	7:00-7:50a Studio 3	<b>Simply Strength *</b> KAREN ***	8:30-9:45a Studio 2	<b>Yoga &amp; Meditation *</b> SUSANA ***	6:30-7:20a Studio 2	<b>Barre Fusion</b> KRISTIN ***	7:00-7:50am Studio 2	<b>Barre Fusion</b> YUE	8:30-9:30a Studio 2	<b>Yoga Flow *</b> RUTH
7:00-7:50am Studio 2	<b>Barre Fusion</b> YUE	7:10-8:00a Studio 2	<b>Barre Fusion</b> KRISTIN	8:30 - 9:20a Studio 3	<b>HIIT</b> SANDRA	7:30-8:20a Studio 2	<b>Core Blast</b> JO	8:30-9:20a Studio 2	<b>Body Sculpt ***</b> MOUNA	9:00-9:50am Studio 3	<b>HIIT</b> MOUNA
8:30-9:20a Studio 2	<b>Core Blast</b> MOUNA	8:10-9:00 Studio 2	<b>HIIT</b> LINDA L.	9:00-9:50a Small Pool	<b>Aqua Fit *</b> AMANDEEP	8:00-8:50a Studio 3	<b>Cardio Step***</b> MARGARET	8:30 - 9:20a Studio 3	<b>JazzLatin *</b> SUSANA ***	10:00-10:50a Studio 2	<b>Zumba@</b> SANDRA
8:30-9:20am Studio 3	<b>Zumba@ ***</b> Rosario	9:00-9:50am Studio 3	<b>Zumba@ ***</b> SANDRA	9:00-9:55a Studio 4	<b>Cycle ***</b> BRETT	8:30-9:20a Studio 2	<b>HIIT</b> JO	9:00-9:55a Studio 4	<b>Cycle ***</b> KENDRA	10:00-10:50am Studio 3	<b>Gentle Conditioning *</b> MOUNA
9:00-9:50a Small Pool	<b>Aqua Zumba *</b> SANDRA	9:00-9:50a Small Pool	<b>Aqua Fit *</b> YUE	9:30-10:20a Studio 3	<b>Gentle Conditioning *</b> SANDRA	9:00-9:50am Studio 3	<b>Zumba@ ***</b> KIM	9:00-9:50a Small Pool	<b>Aqua Fit *</b> SANDY	11:00-12:30p Studio 2	<b>Vinyasa Yoga &amp; Meditation</b> DAVID *** (90)
9:00-9:55a Studio 4	<b>Cycle ***</b> KAREN	10:00-10:50a Studio 3	<b>Balance &amp; Power *</b> STERLING ***	10:00-10:50a Studio 2	<b>Body Sculpt *</b> LINDA ***	9:00-9:50a Small Pool	<b>Aqua Fit *</b> YUE	9:30-10:20am Studio 3	<b>Kickboxing</b> MOJINA ***		
9:30-10:20a Studio 3	<b>Functional Stretch *</b> AMANDEEP ***	4:00-5:15p Studio 2	<b>Yin Yoga ***</b> CHRISTINE (75)	10:30-11:20a Studio 3	<b>Mat Pilates *</b> JEAN	10:00-10:50a Studio 3	<b>Balance &amp; Power *</b> STERLING ***	10:00-10:50a Studio 2	<b>Zumba Gold@ ***</b> SANDRA ***		
9:30-10:20a Studio 2	<b>Body Sculpt</b> MOUNA	5:00-5:50p Studio 4	<b>Cycle ***</b> ALYSSA	11:00-11:50p TIME CHANGE	<b>Barre Fusion ***</b> YUE	4:00-4:50p Studio 3	<b>Mat Pilates *</b> RHONDA	11:00-11:50a Studio 2	<b>Total Body Pilates</b> LAURA	<b>SUNDAY</b>	
10:30-11:20a Studio 2	<b>Healthy Back ***</b> NANCY	4:30-5:20p Studio 3	<b>MOBILITY TRAINING</b> KRISTEN ***	11:30-12:45p Studio 3	<b>Yoga Strength &amp; Flexibility***</b> VY (75)	5:00-5:50p Studio 3	<b>Yoga Flow ***</b> RHONDA	1:00-1:50p Studio 2	<b>TGIF Friday Flow *</b> DEBI	8:30-9:20a Studio 2	<b>Mat Pilates</b> LAURA
10:30-11:20a Studio 3	<b>Total Body Circuit</b> AMANDEEP ***	5:30-6:20p Studio 3	<b>HIIT</b> LINDA	4:30-5:20p Studio 3	<b>Zumba@ ***</b> GABY	5:00-5:50p Studio 2	<b>Body Sculpt ***</b> YANA *	2:00-2:50p Studio 2	<b>Mindful Movement *</b> DEBI	8:30-9:20am Studio 3	<b>BollyX *</b> Thariny ***
11:30-12:20p Studio 2	<b>Vinyasa Yoga ***</b> CHRISTINE	5:30-6:20p Studio 2	<b>Mat Pilates ***</b> LAURA *	4:30-5:20p Studio 2	<b>Yoga ***</b> SUSANA *	6:00-6:50p Studio 2	<b>Vinyasa Yoga ***</b> YANA *	5:00-5:45p Studio 2	<b>Bootcamp</b> YUE ***	9:00-9:50a Small Pool	<b>Party in the Pool *</b> RED
12:30-1:20 Studio 2	<b>Gentle Yoga *</b> JEAN	7:00-8:15pm Studio 2	<b>Hatha Yoga ***</b> JOHN (75)	5:30-6:20p Studio 2	<b>Body Conditioning</b> JOURMANA ***	6:00-6:50p Studio 3	<b>Zumba@ ***</b> VANESA			9:30-10:25a Studio 4	<b>Cycle ***</b> TIM
12:40-1:30p Studio 3	<b>Body Conditioning</b> ALYSSA			6:00-6:50p Studio 3	<b>UJAM@/MixedFit@</b> MARIANNE					9:30a-10:20a Studio 2	<b>Vinyasa Yoga</b> LAURA
4:00-4:50p Studio 3	<b>Mindful Movement *</b> DEBI ***			10:30-11:20a Studio 2	<b>Zumba@ ***</b> WENDY						
4:30-5:20p Studio 2	<b>Zumba@ ***</b> GABY			10:30-11:20a Studio 3	<b>Total Body Circuit</b> JOURMANA ***						
5:00-5:50p Studio 3	<b>Yoga Flow***</b> DEBI										
5:30-6:20p Studio 2	<b>Kickbox Conditioning</b> LINDA										
<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> .							