

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)	7:00-7:50a Studio 3	Simply Strength * KAREN ***	8:30-9:20a NEW CLASS	BollyX *** SANDEEP	6:30-7:20a Studio 2	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	7:00-7:50a Studio 2	Barre Fusion KRISTIN	8:30 - 9:20a Studio 3	HIIT SANDRA	7:00-7:50 Studio 3	Core Blast JO	8:00-8:55a NEW CLASS	HITT*** YUE	8:30-8:55am NEW CLASS	CORE EXPRESS MOUNA	
8:30-9:20a NEW TIME	Body Sculpt AMANDEEP	8:80-9:50 Studio 2	HIIT LINDA L.	9:00-9:50a Small Pool	Aqua Fit * AMANDEEP	8:00-8:50a Studio 3	Cardio Step*** MARGARET	8:30-9:20a Studio 2	Body Sculpt *** MOUNA	9:00-9:50am Studio 3	HIIT MOUNA	
8:30 - 9:20a NEW CLASS	BollyX SANDEEP	9:00-9:50am Studio 3	Zumba@ *** SANDRA	9:00-9:55a Studio 4	Cycle *** BRETT	8:00-8:50a Studio 2	HIIT JO	9:00-9:55a Studio 4	Cycle *** KENDRA	10:00-10:50a Studio 2	Zumba@ SANDRA	
9:00-9:50a Small Pool	Aqua Zumba * SANDRA	8:10-9:00a Small Pool	Aqua Fit * YUE	9:30-10:20a Studio 3	Gentle Conditioning * SANDRA	9:00-9:50am Studio 3	Zumba@ *** KIM	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	10:00-10:50a Studio 3	Balance & Power * STERLING ***	10:00-10:50a Studio 2	Body Sculpt * LINDA ***	8:10-9:00a Small Pool	Aqua Fit * YUE	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 ***	4:00-5:15p Studio 2	Yin Yoga *** CHRISTINE (75)	10:30-11:20a Studio 3	Mat Pilates * JEAN	10:00-10:50a Studio 3	Balance & Power * STERLING ***	10:00-10:50a Studio 2	Zumba * SANDRA ***			
9:30-10:20a NEW TIME	Core Blast NANCY	5:00-5:50p Studio 4	Cycle *** ALYSSA	11:00-11:50p Studio 2	Barre Fusion *** YUE	4:00-4:50p Studio 3	Mat Pilates * RHONDA	11:10 - 12:00p NEW CLASS	BollyX *** Thariny	SUNDAY		
10:30-11:20a Studio 2	Healthy Back *** NANCY	4:30-5:20p Studio 3	MOBILITY TRAINING KRISTEN ***	11:30-12:45p Studio 3	Yoga Strength & Flexibility*** VY (75)	5:00-5:50p Studio 3	Yoga Flow *** RHONDA	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 ***	5:30-6:20p Studio 3	HIIT LINDA	4:30-5:20p Studio 3	Zumba@ *** GABY	5:00-5:50p Studio 2	Body Sculpt *** YANA *	12:00-12:50p NEW CLASS	Roll&Release- Foam Rolling*** KARI	8:30-9:20am Studio 3	BollyX * Thariny ***	
11:30-12:20p Studio 2	Vinyasa Yoga *** CHRISTINE	5:30-6:20p Studio 2	Mat Pilates *** RIANA *	4:30-5:20p NEW CLASS	Restorative Yoga RUTH ***	6:00-6:50p Studio 2	Vinyasa Yoga *** YANA *	1:00-1:50p Studio 2	TGIF Friday Flow * DEBI	9:00-9:50a Small Pool	Party in the Pool * RED	
12:30-1:20 Studio 2	Gentle Yoga * JEAN	6:30-7:20p STARTING 3/10	Line Dancing *** ANGILEE	5:30-6:20p Studio 2	Body Conditioning JOLIMANA ***	6:00-6:50p Studio 3	Zumba@ *** VANESA	2:00-2:50p Studio 2	Mindful Movement * DEBI	9:30-10:25a Studio 4	Cycle *** TIM	
12:40-1:30p Studio 3	Body Conditioning ALYSSA	7:00-8:15pm Studio 2	Hatha Yoga *** JOHN (75)	6:00-6:50p Studio 3	UJAM@/MixedFit@ MARIANNE			5:00-5:45p Studio 2	Bootcamp JO ***	9:30a-10:20a Studio 2	Vinyasa Yoga LAURA	
4:00-4:50p Studio 3	Mindful Movement * DEBI ***									10:30-11:20a Studio 2	Zumba@ *** WENDY	
4:30-5:20p Studio 2	Zumba@ *** GABY									10:30-11:20a Studio 3	Total Body Circuit JOLIMANA ***	
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 soudahm@smccd.edu .								
5:30-6:20p Studio 2	Kickbox Conditioning LINDA											