

# Group Exercise Class Schedule

| MONDAY                    |  | TUESDAY   |  | WEDNESDAY   |  | THURSDAY                  |  | FRIDAY                     |  | SATURDAY                              |   |
|---------------------------|--|---|--|---|--|---------------------------|--|----------------------------|--|---------------------------------------|---|
| 6:00-6:50a<br>Studio 2    | <b>Cardio Sculpt</b><br>YUE                          | 6:00-6:55a<br>Studio 4  | <b>Cycle***</b><br>KAREN                   | 7:00-7:50am<br>Studio 2   | <b>Aligned Vinyasa</b><br>TAISSIA                    | 6:00-6:55a<br>Studio 4    | <b>Cycle***</b><br>SCOTT                   | 6:00-6:50a<br>Studio 2     | <b>Cardio Sculpt</b><br>YUE                      | 8:00-8:55a<br>Studio 4                | <b>Cycle BEATS***</b><br>SCOTT                        |
| 7:00-8:15a<br>Studio 3    | <b>Hatha Yoga &amp; Meditation*</b><br>CAROL*** (75) | 7:00-7:50a<br>Studio 3  | <b>Simply Strength*</b><br>KAREN***        | 8:30-9:20p<br>NEW CLASS   | <b>Mat Pilates***</b><br>SANDEEP*                    | 6:30-7:20a<br>Studio 2    | <b>Barre Fusion***</b><br>KRISTIN          | 7:00-7:50am<br>Studio 2    | <b>Barre Fusion</b><br>YUE                       | 8:30-9:30a<br>Studio 2                | <b>Yoga Flow*</b><br>RUTH                             |
| 7:00-7:50am<br>Studio 2   | <b>Barre Fusion</b><br>YUE                           | 7:00-7:50a<br>Studio 2  | <b>Barre Fusion</b><br>KRISTIN             | 8:30 - 9:20a<br>Studio 3  | <b>HIIT</b><br>SANDRA                                | 7:00-7:50<br>Studio 3     | <b>Core Blast</b><br>JO                    | 8:00-8:55a<br>Studio 3     | <b>HITT***</b><br>YUE                            | 8:30-8:55am<br>Studio 3               | <b>CORE EXPRESS</b><br>MOUNA                          |
| 8:30-9:20a<br>Studio 2    | <b>Body Sculpt</b><br>AMANDEEP                       | 8:00-8:50<br>Studio 2   | <b>HIIT</b><br>YANA                        | 9:00-9:50a<br>Small Pool  | <b>Aqua Fit*</b><br>AMANDEEP                         | 8:00-8:50a<br>NEW CLASS   | <b>Cardio Sculpt***</b><br>LINDA           | 8:30-9:20a<br>Studio 2     | <b>Body Sculpt***</b><br>MOUNA                   | 9:00-9:50am<br>Studio 3               | <b>HIIT</b><br>MOUNA                                  |
| 8:30 - 9:20a<br>NEW CLASS | <b>BollyX</b><br>SANDEEP                             | 8:10-9:00a<br>Small Pool  | <b>Aqua Fit*</b><br>YUE                    | 9:00-9:55a<br>Studio 4  | <b>Cycle***</b><br>BRETT                             | 8:00-8:50a<br>Studio 2    | <b>HIIT</b><br>JO                          | 9:00-9:55a<br>Studio 4     | <b>Cycle***</b><br>KENDRA                        | 10:00-10:50a<br>Studio 2              | <b>Zumba®</b><br>SANDRA                               |
| 9:00-9:50a<br>Small Pool  | <b>Aqua Zumba*</b><br>SANDRA                         | 9:00-9:50am<br>Studio 3   | <b>Zumba®***</b><br>SANDRA                 | 9:30-10:20a<br>Studio 3   | <b>Gentle Conditioning*</b><br>SANDRA                | 8:10-9:00a<br>Small Pool  | <b>Aqua Fit*</b><br>YUE                    | 9:00-9:50a<br>Small Pool   | <b>Aqua Fit*</b><br>SANDY                        | 10:00-10:50am<br>Studio 3             | <b>Gentle Conditioning*</b><br>MOUNA                  |
| 9:00-9:55a<br>Studio 4    | <b>Cycle***</b><br>KAREN                             | 10:00-10:50a<br>Studio 3  | <b>Balance &amp; Power*</b><br>STERLING*** | 10:00-10:50a<br>Studio 2  | <b>Body Sculpt*</b><br>YUE***                        | 9:00-9:50a<br>Studio 3    | <b>Zumba®***</b><br>KIM                    | 9:30-10:20am<br>Studio 3   | <b>Kickboxing</b><br>MOUNA***                    | 11:00-12:30p<br>Studio 2              | <b>Vinyasa Yoga &amp; Meditation</b><br>DAVID*** (90) |
| 9:30-10:20a<br>Studio 3   | <b>Functional Stretch*</b><br>AMANDEEP***            | 4:00-5:15p<br>Studio 2  | <b>Yin Yoga***</b><br>CHRISTINE (75)       | 10:30-11:20a<br>Studio 3  | <b>Mat Pilates*</b><br>JEAN                          | 10:00-10:50a<br>Studio 3  | <b>Balance &amp; Power*</b><br>STERLING*** | 10:00-10:50a<br>Studio 2   | <b>Zumba*</b><br>SANDRA***                       | <b>SUNDAY</b>                         |   |
| 9:30-10:20a<br>Studio 2   | <b>Core Blast</b><br>NANCY                           | 4:30 - 5:20p<br>Studio 3  | <b>MOBILITY TRAINING</b><br>KRISTEN***     | 11:00-11:50p<br>Studio 2  | <b>Barre Fusion***</b><br>YUE                        | 4:00-4:50p<br>Studio 3    | <b>Mat Pilates*</b><br>RHONDA              | 11:00-11:50a<br>Studio 2   | <b>Total Body Pilates</b><br>LAURA               |                                       |   |
| 10:30-11:20a<br>Studio 2  | <b>Healthy Back***</b><br>NANCY                      | 5:00-5:50p<br>Studio 4  | <b>Cycle***</b><br>ALYSSA                  | 11:30-12:45p<br>Studio 3  | <b>Yoga Strength &amp; Flexibility***</b><br>VY (75) | 5:00-5:50p<br>Studio 3    | <b>Yoga Flow***</b><br>RHONDA              | 11:10 - 12:00p<br>Studio 3 | <b>BollyX***</b><br>Thariny                      | 8:30-9:20a<br>Studio 2                | <b>Mat Pilates</b><br>LAURA                           |
| 10:30-11:20a<br>Studio 3  | <b>Total Body Circuit</b><br>AMANDEEP***             | 5:30-6:20p<br>Studio 3  | <b>HIIT</b><br>LINDA                       | 4:30-5:20p<br>Studio 3  | <b>Zumba®***</b><br>GABY                             | 5:00-5:50p<br>Studio 2    | <b>Body Sculpt***</b><br>YANA*             | 12:00-12:50p<br>NEW CLASS  | <b>Roll&amp;Release- Foam Rolling***</b><br>KARI | 8:30-9:20am<br>Studio 3               | <b>BollyX*</b><br>Thariny***                          |
| 11:30-12:20p<br>Studio 2  | <b>Vinyasa Yoga***</b><br>CHRISTINE                  | 5:30-6:20p<br>Studio 2  | <b>Mat Pilates***</b><br>RIANA*            | 4:30-5:20p<br>Studio 2  | <b>Restorative Yoga</b><br>RUTH***                   | 6:10-7:00p<br>TIME CHANGE | <b>Vinyasa Yoga***</b><br>KRISTEN*         | 1:00-1:50p<br>Studio 2     | <b>TGIF Friday Flow*</b><br>DEBI                 | 9:00-9:50a<br>Small Pool              | <b>Party in the Pool*</b><br>RED                      |
| 12:30-1:20<br>Studio 2    | <b>Gentle Yoga*</b><br>JEAN                          | 6:30-7:20p<br>STUDIO CHANGE   | <b>Line Dancing***</b><br>ANGILEE          | 5:30-6:20p<br>Studio 2  | <b>Body Conditioning</b><br>JOUMANA***               | 6:00-6:50p<br>Studio 3    | <b>Zumba®***</b><br>VANESA                 | 2:00-2:50p<br>Studio 2     | <b>Mindful Movement*</b><br>DEBI                 | 9:30-10:25a<br>Studio 4               | <b>Cycle***</b><br>TIM                                |
| 12:40-1:30p<br>Studio 3   | <b>Body Conditioning</b><br>ALYSSA                   | 7:00-8:15pm<br>STUDIO CHANGE  | <b>Hatha Yoga***</b><br>JOHN (75)          | 6:00-6:50p<br>Studio 3  | <b>UJAM®/MixxedFit®</b><br>MARIANNE                  |                           |  | 5:00-5:45p<br>Studio 2     | <b>Bootcamp</b><br>JO***                         | 9:30a-10:20a<br>Studio 2              | <b>Vinyasa Yoga</b><br>LAURA                          |
| 4:00-4:50p<br>TIME CHANGE | <b>Yoga Flow***</b><br>STELLA***                     |   |  |   |  |                           |  |                            |  |                                       |   |
| 4:30-5:20p<br>Studio 2    | <b>Zumba®***</b><br>GABY                             |   |  |   |  |                           |  |                            |  | 10:30-11:20a<br>Studio 3              | <b>Total Body Circuit</b><br>JOUMANA***               |
| 5:00-5:50p<br>TIME CHANGE | <b>Mindful Movement***</b><br>CAROL                  | <p><b>Hours</b><br/>Monday-Friday 6:00am - 8:30pm<br/>Saturday 7:00am - 5:30pm<br/>Sunday 7:00am - 5:30pm</p> |  | <p>Classes marked with (*) appropriate for beginners.<br/>Classes marked with (***) are studio only.<br/>Questions? Mouna Soudah at <a href="mailto:soudahm@smccd.edu">soudahm@smccd.edu</a>.</p> |  |                           |  |                            |  | <p><b>Effective April 1, 2026</b></p> |   |
| 5:30-6:20p<br>Studio 2    | <b>Kickbox Conditioning</b><br>LINDA                 |   |  |   |  |                           |  |                            |  |                                       |   |