Effective NOVEMBER 1, 2026

Group Exercise Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-6:50a Cardio Sculpt Studio 2 YUE	6:00-6:55a Cycle *** Studio 4 KAREN	7:00-7:50am Aligned Vinyasa Studio 2 TAISSIA	6:00-6:55a Cycle*** Studio 4 SCOTT	6:00-6:50a Cardio Sculpt Studio 2 YUE	8:00-8:55a Cycle BEATS*** Studio 4 SCOTT
7:00-8:15a Hatha Yoga & Meditation * Studio 3 CAROL *** (75)	7:00-7:50a Simply Strength * Studio 3 KAREN ***	8:30-9:20p Mat Pilates *** Studio 2 SANDEEP *	6:30-7:20a Barre Fusion *** Studio 2 KRISTIN	7:00-7:50am Barre Fusion Studio 2 YUE	8:30-9:30a Yoga Flow * Studio 2 RUTH
7:00-7:50am Barre Fusion Studio 2 YUE	7:00-7:50a Barre Fusion Studio 2 KRISTIN	8:30 - 9:20a HIIT Studio 3 SANDRA	7:00-7:50 Core Blast Studio 3 JO	8:00-8:55a HIIT*** Studio 3 YUE	8:30-8:55am CORE EXPRESS Studio 3 MOUNA
8:30-9:20a Body Sculpt Studio 2 AMANDEEP	8:00-8:50 HIIT Studio 2 KAREN	9:00-9:50a Aqua Fit * Small Pool AMANDEEP	8:00-8:50a Cardio Step*** Studio 3 MARGARET	8:30-9:20a Body Sculpt *** Studio 2 MOUNA	9:00-9:50am HIIT Studio 3 MOUNA
8:30 - 9:20a BollyX Studio 3 SANDEEP	9:00-9:45a Aqua Fit * Small Pool YUE	9:00-9:55a Cycle*** Studio 4 BRETT	8:00-8:50a HIIT Studio 2 JO	9:00-9:55a Cycle*** Studio 4 KENDRA	10:00-10:50a Zumba® Studio 2 SANDRA
9:00-9:50a Aqua Zumba * Small Pool SANDRA	9:00-9:50am Zumba® *** Studio 3 SANDRA	9:30-10:20a Gentle Conditioning * Studio 3 SANDRA	9:00-9:50am Zumba® *** Studio 3 KIM	9:00-9:50a Aqua Fit * Small Pool SANDY	10:00-10:50am Gentle Conditioning * Studio 3 MOUNA
9:00-9:55a Cycle*** Studio 4 KAREN	10:00-10:50a Balance & Power * Studio 3 YUE ***	10:00-10:50a Body Sculpt * Studio 2 YUE ***	9:00-9:45a Aqua Fit * Small Pool YUE	9:30-10:20am Kickboxing Studio 3 MOUNA ***	11:00-12:30p Vinyasa Yoga & Meditation Studio 2 DAVID *** (90)
9:30-10:20a Functional Stretch * Studio 3 AMANDEEP ***	4:00-5:15p Yin Yoga *** Studio 2 CHRISTINE (75)	10:30-11:20a Mat Pilates * Studio 3 JEAN	10:00-10:50a Balance & Power * Studio 3 KRISTEN ***	10:00-10:50a Zumba * Studio 2 SANDRA***	
9:30-10:20a Core Blast Studio 2 SANDRA	5:00-5:50p Cycle*** Studio 4 ALYSSA	11:00-11:50p Barre Fusion *** Studio 2 YUE	4:00-4:50p Mat Pilates * Studio 3 RHONDA	11:00-11:50a Total Body Pilates Studio 2 LAURA	**SUNDAY**
10:30-11:20a Healthy Back *** Studio 2 NANCY	5:30-6:20p HIIT Studio 3 LINDA	11:30-12:45p Aligned Vinyasa *** Studio 3 VY (75)	5:00-5:50p Yoga Flow *** Studio 3 RHONDA	12:00-12:50p Roll&Release- Foam Rolling*** Studio 2 KARI	8:30-9:20a Mat Pilates Studio 2 LAURA
10:30-11:20a Total Body Circuit Studio 3 AMANDEEP ***	5:30-6:20p Mat Pilates *** Studio 2 RIANA *	4:30-5:20p Zumba® *** Studio 3 GABY	5:00-5:50p Body Sculpt *** Studio 2 VERONIKA *	1:00-1:50p TGIF Yoga Flow * Studio 2 DEBI	8:30-9:20am BollyX * Studio 3 Thariny***
11:30-12:20p Vinyasa Yoga*** Studio 2 CHRISTINE	7:00-8:15pm Hatha Yoga *** Studio 3 JOHN (75)	4:30-5:20p Restorative Yoga Studio 2 RUTH ***	6:00-6:500p Zumba® *** Studio 3 VANESA	2:00-2:50p Mindful Movement* Studio 2 DEBI	9:00-9:50a Party in the Pool * Small Pool RED
12:30-1:20 Gentle Yoga * Studio 2 JEAN		5:30-6:20p Body Conditioning Studio 2 JOUMANA ***	6:10-7:00p Vinyasa Yoga *** Studio 2 KRISTEN*		9:30-10:25a Cycle*** Studio 4 TIM
12:40-1:30p Body Conditioning Studio 3 ALYSSA		6:00-6:50p UJAM®/MixxedFit® Studio 3 MARIANNE			9:30a-10:20a Vinyasa Yoga Studio 2 LAURA ***
4:00-4:50p Yoga Flow Studio 3 STELLA ***					10:30-11:20a Zumba® *** Studio 2 WENDY
4:30-5:20p Zumba® *** Studio 2 GABY					10:30-11:20a Total Body Circuit Studio 3 JOUMANA ***
5:00-5:50p Mindful Movement*** Studio 3 CAROL	**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 Kickbox Conditioning Studio 2 LINDA					