



New Tampa Family YMCA | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Red Hoop (Court 1)	5:00AM-8:30AM (Gym Schedule) 11:30AM-5:00PM (Gym Schedule) 11:30AM-5:00PM (Gym Schedule)	5:00AM-8:30AM (Gym Schedule) 11:30AM-5:00PM (Gym Schedule) 8:00PM-9:00PM (Gym Schedule)	5:00AM-8:30AM (Gym Schedule) 11:30AM-6:00PM (Gym Schedule) 8:00PM-9:00PM (Gym Schedule)	5:00AM-8:30AM (Gym Schedule) 11:30AM-6:00PM (Gym Schedule) 8:00PM-9:00PM (Gym Schedule)	5:00AM-5:00PM (Gym Schedule)	7:00AM-8:45AM (Gym Schedule)	10:00AM-4:30PM (Gym Schedule)
Open Gym Green Hoop (Court 1)	5:00AM-8:30AM (Gym Schedule) 11:30AM-5:00PM (Gym Schedule)	5:00AM-8:30AM (Gym Schedule) 11:30AM-5:00PM (Gym Schedule) 8:00PM-9:00PM (Gym Schedule)	5:00AM-8:30AM (Gym Schedule) 11:30AM-5:00PM (Gym Schedule) 8:00PM-9:00PM (Gym Schedule)	5:00AM-8:30AM (Gym Schedule) 11:30AM-6:00PM (Gym Schedule) 8:00PM-9:00PM (Gym Schedule)	5:00AM-5:00PM (Gym Schedule)	7:00AM-8:45AM (Gym Schedule)	10:00AM-4:30PM (Gym Schedule)
Open Gym Blue Hoop (Court 2)	5:00AM-6:00PM (Gym Schedule) 8:00PM-9:00PM (Gym Schedule)	5:00AM-6:00PM (Gym Schedule)	5:00AM-5:00PM (Gym Schedule) 8:00PM-9:00PM (Gym Schedule)	5:00AM-5:00PM (Gym Schedule) 8:00PM-9:00PM (Gym Schedule)	5:00AM-5:00PM (Gym Schedule) 6:00PM-8:00PM (Gym Schedule)		1:00PM-4:30PM (Gym Schedule)
Open Gym Yellow Hoop (Court 2)	5:00AM-7:00PM (Gym Schedule) 8:00PM-9:00PM (Gym Schedule)	5:00AM-6:00PM (Gym Schedule)	5:00AM-6:00PM (Gym Schedule) 8:00PM-9:00PM (Gym Schedule)	5:00AM-5:00PM (Gym Schedule) 8:00PM-9:00PM (Gym Schedule)	5:00AM-5:00PM (Gym Schedule) 6:00PM-7:00PM (Gym Schedule)	7:00AM-8:45AM (Gym Schedule)	1:00PM-4:30PM (Gym Schedule)
Open Swim Entire Pool Pool	5:30AM-8:30PM (Open Swim)	2:30PM-8:30PM (Open Swim)	5:30AM-8:30PM (Open Swim)	2:30PM-8:30PM (Open Swim)	5:30AM-7:30PM (Open Swim)	7:00AM-2:00PM (Open Swim)	
Stretch Studio B	8:30AM-9:30AM (Mind And Body) <i>Stephanie H.</i>	9:45AM-10:45AM (Mind And Body) <i>Stephanie H.</i>					
Open Gym-Pickleball Red Hoop (Court 1)	8:30AM-11:30AM (Gym Schedule)	8:30AM-11:30AM (Gym Schedule)	8:30AM-11:30AM (Gym Schedule)	8:30AM-11:30AM (Gym Schedule)			
Stay and Play Stay & Play	8:30AM-12:00PM (Stay And Play) 4:30PM-8:00PM (Stay And Play)	8:30AM-12:00PM (Stay And Play) 4:30PM-8:00PM (Stay And Play)	8:30AM-12:00PM (Stay And Play) 4:30PM-8:00PM (Stay And Play)	8:30AM-12:00PM (Stay And Play) 4:30PM-8:00PM (Stay And Play)	8:30AM-12:00PM (Stay And Play) 4:30PM-8:00PM (Stay And Play)	8:00AM-12:00PM (Stay And Play)	1:00PM-4:30PM (Stay And Play)
Open Gym-Pickleball Green Hoop (Court 1)	8:30AM-11:30AM (Gym Schedule)	8:30AM-11:30AM (Gym Schedule)	8:30AM-11:30AM (Gym Schedule)	8:30AM-11:30AM (Gym Schedule)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYPUMP™ Studio A	8:30AM-9:30AM (Group Fitness) <i>Nicole W.</i>	6:15PM-7:15PM (Group Fitness) <i>Sophia H.</i>	8:30AM-9:30AM (Group Fitness) <i>Kelly C.</i>	6:15PM-7:15PM (Group Fitness) <i>Elaha F.</i>		9:45AM-10:45AM (Group Fitness) <i>Kelly C.</i>	2:00PM-3:00PM (Group Fitness) <i>Shawna T.</i>
HIGH Fitness Studio A	9:45AM-10:30AM (Group Fitness) <i>Kelly K.</i>		9:45AM-10:30AM (Group Fitness) <i>Kelly K.</i>	8:30AM-9:30AM (Group Fitness) <i>Kelly K.</i>			
Cycling Cycle Studio	9:45AM-10:45AM (Cycle) <i>Kelly C.</i>		9:45AM-10:45AM (Cycle) <i>Nicole W.</i>				
LES MILLS CORE™ Studio B	9:45AM-10:15AM (Group Fitness) <i>Nicole W.</i>						
SilverSneakers® Circuit Studio A	11:30AM-12:30PM (Active Older Adults) <i>Kelly C.</i>			12:15PM-1:15PM (Active Older Adults) <i>Debbie F.</i>			
Active Older Adults(AOA) Studio B	11:35AM-12:35PM (Active Older Adults) <i>Nicole W.</i>		11:35AM-12:35PM (Active Older Adults) <i>Mollie L.</i>				
SilverSneakers® Yoga Studio A	12:45PM-1:45PM (Active Older Adults) <i>Kelly C.</i>						
Stay and Play Youth Zone	4:30PM-8:00PM (Stay And Play)	4:30PM-8:00PM (Stay And Play)	4:30PM-8:00PM (Stay And Play)	4:30PM-8:00PM (Stay And Play)	4:30PM-8:00PM (Stay And Play)	8:30AM-12:00PM (Stay And Play)	1:00PM-4:30PM (Stay And Play)
YMCA Program Red Hoop (Court 1)	5:00PM-7:00PM (Gym Schedule)	5:00PM-8:00PM (Gym Schedule)	6:00PM-8:00PM (Gym Schedule)	6:00PM-8:00PM (Gym Schedule)	5:00PM-8:00PM (Gym Schedule)	8:45AM-6:00PM (Gym Schedule)	
YMCA Program Green Hoop (Court 1)	5:00PM-7:00PM (Gym Schedule)	5:00PM-8:00PM (Gym Schedule)	6:00PM-8:00PM (Gym Schedule)	6:00PM-8:00PM (Gym Schedule)	5:00PM-8:00PM (Gym Schedule)	8:45AM-6:00PM (Gym Schedule)	
Mobility Stretch Studio B	5:30PM-6:30PM (Mind And Body) <i>Valerie W.</i>						
LES MILLS SPRINT™ Cycle Studio	5:45PM-6:15PM (Cycle) <i>Keri S.</i>		5:45PM-6:15PM (Cycle) <i>Keri S.</i>				
LES MILLS BODYSTEP™ Studio A	6:00PM-7:00PM (Group Fitness) <i>Shawna T.</i>		6:00PM-7:00PM (Group Fitness) <i>Shawna T.</i>				
YMCA Program Blue Hoop (Court 2)	6:00PM-8:00PM (Gym Schedule)	6:00PM-7:00PM (Gym Schedule)	5:00PM-8:00PM (Gym Schedule)	5:00PM-8:00PM (Gym Schedule)	5:00PM-6:00PM (Gym Schedule)	8:45AM-6:00PM (Gym Schedule)	
Open Gym-Volleyball Green Hoop (Court 1)	7:00PM-9:00PM (Gym Schedule)						
Open Gym-Volleyball Red Hoop (Court 1)	7:00PM-9:00PM (Gym Schedule)						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YMCA Program Yellow Hoop (Court 2)	7:00PM-8:00PM (Gym Schedule)	6:00PM-7:00PM (Gym Schedule)	6:00PM-8:00PM (Gym Schedule)	5:00PM-8:00PM (Gym Schedule)	5:00PM-6:00PM (Gym Schedule) 7:00PM-8:00PM (Gym Schedule)	8:45AM-6:00PM (Gym Schedule)	
Zumba Studio A	7:00PM-8:00PM (Group Fitness) <i>Enhicis V.</i>	8:30AM-9:30AM (Group Fitness) <i>Enhicis V.</i>	7:00PM-8:00PM (Group Fitness) <i>Enhicis V.</i>				
Lap Swim 8 Lanes Pool		5:30AM-2:00PM (Lap Swim)		5:30AM-2:00PM (Lap Swim)		2:30PM-5:30PM (Lap Swim)	10:30AM-4:00PM (Lap Swim)
Yoga Studio B		8:30AM-9:30AM (Mind And Body) <i>Shelie B.</i>	5:30PM-6:30PM (Mind And Body) <i>Pegah K.</i>	8:30AM-9:30AM (Mind And Body) <i>Shelie B.</i>		9:45AM-10:45AM (Mind And Body) <i>Pegah K.</i>	
LES MILLS BODYCOMBAT™ Studio A		9:45AM-10:45AM (Group Fitness) <i>Fred P.</i>				8:30AM-9:30AM (Group Fitness) <i>Jessica B.</i>	
Aqua Pool		10:45AM-11:30AM (Water Fitness) <i>Mollie L.</i>		10:45AM-11:30AM (Water Fitness) <i>Bonnie J.</i>			
Just Weights Studio A		11:00AM-11:55AM (Group Fitness) <i>Kelly K.</i>		10:00AM-11:00AM (Group Fitness) <i>Valerie W.</i>			
Active Older Adults(AOA) Studio A		12:15PM-1:15PM (Active Older Adults) <i>Chantal D.</i>					
Vinyasa Yoga Studio B		5:30PM-6:30PM (Mind And Body) <i>Stephanie H.</i>					
Core & More Studio A		5:35PM-6:05PM (Group Fitness) <i>Sophia H.</i>		5:35PM-6:05PM (Group Fitness) <i>Elaha F.</i>			
Open Gym-Badminton Blue Hoop (Court 2)		7:00PM-9:00PM (Gym Schedule)				7:00AM-8:45AM (Gym Schedule)	10:00AM-1:00PM (Gym Schedule)
Open Gym-Badminton Yellow Hoop (Court 2)		7:00PM-9:00PM (Gym Schedule)					10:00AM-1:00PM (Gym Schedule)
LES MILLS BODYBALANCE™ Studio B			9:45AM-10:45AM (Mind And Body) <i>Kelly C.</i>	5:30PM-6:30PM (Mind And Body) <i>Pedro G.</i>			
SilverSneakers® Cardio Studio A			11:30AM-12:30PM (Active Older Adults) <i>Kelly C.</i>				
Pilates Studio B			6:45PM-7:30PM (Mind And Body) <i>Carmen M.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS RPM™ Cycle Studio				9:00AM-9:45AM (Cycle) <i>Nicole W.</i>		8:30AM-9:30AM (Cycle) <i>Kelly C.</i>	
Mobility Stretch Studio A				11:00AM-12:00PM (Mind And Body) <i>Valerie W.</i>			
LES MILLS CORE™ Studio A						11:00AM-11:30AM (Group Fitness) <i>Kelly C.</i>	
Yoga Studio A							3:15PM-4:15PM (Mind And Body) <i>Stephanie H.</i>



Bob Sierra Family YMCA | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 6 Lanes Pool	5:00AM-7:30AM (Lap Swim) 11:30AM-4:00PM (Lap Swim)	5:00AM-7:30AM (Lap Swim) 7:30AM-9:00AM (Lap Swim) 11:30AM-4:00PM (Lap Swim)	5:00AM-7:30AM (Lap Swim) 7:30AM-9:00AM (Lap Swim) 9:00AM-4:00PM (Lap Swim)	5:00AM-7:30AM (Lap Swim) 7:30AM-9:00AM (Lap Swim) 9:00AM-4:00PM (Lap Swim)	5:00AM-7:30AM (Lap Swim)	7:30AM-9:00AM (Lap Swim) 11:30AM-4:00PM (Lap Swim) 11:30PM-4:00PM (Lap Swim)	10:30AM-4:00PM (Lap Swim)
Open Gym Courts 1 & 2	5:00AM-10:00AM (Gym Schedule) 1:00PM-5:30PM (Gym Schedule) 7:30PM-9:00PM (Gym Schedule)	5:00AM-10:00AM (Gym Schedule) 10:00AM-1:00PM (Gym Schedule) 1:00PM-5:30PM (Gym Schedule) 7:30PM-9:00PM (Gym Schedule)	5:00AM-10:00PM (Gym Schedule) 1:00PM-5:30PM (Gym Schedule) 7:30PM-9:00PM (Gym Schedule)	5:00AM-10:00AM (Gym Schedule) 10:00AM-1:00PM (Gym Schedule) 1:00PM-5:30PM (Gym Schedule)	5:00AM-10:00AM (Gym Schedule) 1:00PM-5:30PM (Gym Schedule)	2:00PM-5:30PM (Gym Schedule)	10:00AM-4:30PM (Gym Schedule)
LES MILLS SPRINT™ Cycle Studio	5:30AM-6:00AM (Cycle) <i>Ayana E.</i> 5:00PM-5:25PM (Cycle) <i>Michelle H.</i>		5:00PM-5:30PM (Cycle) <i>Michelle H.</i>				
Crusher Group Ex Room	6:30AM-7:15AM (Group Fitness) <i>Becca A.</i>		6:30AM-7:15AM (Group Fitness) <i>Theresa G.</i>				
Open Swim 2 Lanes Pool	7:30AM-9:00AM (Open Swim) 11:30AM-4:00PM (Open Swim) 7:30PM-8:00PM (Open Swim)	7:30AM-9:00AM (Open Swim) 9:00AM-11:00AM (Open Swim) 7:30PM-8:00PM (Open Swim)	7:30AM-9:00AM (Open Swim) 9:00AM-4:00PM (Open Swim) 7:30PM-8:00PM (Open Swim)	7:30AM-9:00AM (Open Swim) 9:00AM-4:00PM (Open Swim) 7:30PM-8:00PM (Open Swim)	7:30AM-8:00PM (Open Swim)	11:30AM-4:00PM (Open Swim)	10:30AM-4:00PM (Open Swim)
Lap Swim 4 Lanes Pool	7:30AM-9:00AM (Lap Swim) 9:00AM-11:30AM (Lap Swim) 4:00PM-8:00PM (Lap Swim)	9:00AM-11:30AM (Lap Swim) 4:00PM-8:00PM (Lap Swim)	4:00PM-8:00PM (Lap Swim)	4:00PM-8:00PM (Lap Swim)	7:30AM-8:00PM (Lap Swim)	9:00AM-11:30AM (Lap Swim)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stay and Play Stay and Play	8:00AM-12:00PM (Stay And Play) 4:00PM-8:00PM (Stay And Play)	8:00AM-12:00PM (Stay And Play) 4:00PM-8:00PM (Stay And Play)	8:00AM-12:00PM (Stay And Play) 4:00PM-8:00PM (Stay And Play)	8:00AM-12:00PM (Stay And Play) 4:00PM-8:00PM (Stay And Play)	8:00AM-12:00PM (Stay And Play) 4:00PM-7:30PM (Stay And Play)	8:00AM-12:00PM (Stay And Play)	11:00AM-2:00PM (Stay And Play)
Aqua Pool	8:00AM-8:55AM (Water Fitness) <i>Marianne M.</i>	8:00AM-9:00AM (Water Fitness) <i>Theresa G.</i>	9:00AM-9:55AM (Water Fitness) <i>Alla M.</i>	8:00AM-9:00AM (Water Fitness) <i>Theresa G.</i>			
Body Sculpt Group Ex Room	8:30AM-9:25AM (Group Fitness) <i>Jennifer G.</i>		8:30AM-9:25AM (Group Fitness) <i>Jennifer G.</i>				
Cycling Cycle Studio	8:30AM-9:25AM (Cycle) <i>Jenn G.</i> 9:30AM-10:25AM (Cycle) <i>Jennifer G.</i>	5:30PM-6:25PM (Cycle) <i>Paul C.</i>	5:15AM-6:15AM (Cycle) <i>Theresa G.</i> 8:30AM-9:25AM (Cycle) <i>Paul C.</i> 9:30AM-10:30AM (Cycle) <i>Jennifer G.</i> 5:45PM-6:40PM (Cycle) <i>Ken P.</i>	8:30AM-9:25AM (Cycle) <i>Paul C.</i>		8:30AM-9:25AM (Cycle) <i>Michelle H.</i> 9:30AM-10:25AM (Cycle) <i>Paul C.</i>	1:00PM-2:00PM (Cycle) <i>Paul C.</i>
Open Swim 1 Lane Pool	9:00AM-11:00AM (Open Swim) 4:00PM-7:30PM (Open Swim)	4:00PM-7:30PM (Open Swim)	4:00PM-7:30PM (Open Swim)	4:00PM-7:30PM (Open Swim)			
Stretch Mind Body Studio	9:30AM-10:25AM (Mind And Body) <i>Ana R.</i>						
LES MILLS BODYPUMP™ Group Ex Room	9:30AM-10:25AM (Group Fitness) <i>Lori T.</i> 4:30PM-5:25PM (Group Fitness) <i>Jodi F.</i>	8:30AM-9:25AM (Group Fitness) <i>Christie P.</i> 5:45PM-6:40PM (Group Fitness) <i>Lori T.</i>	5:45PM-6:40PM (Group Fitness) <i>Pedro G.</i>	9:30AM-10:25AM (Group Fitness) <i>Christie P.</i> 6:45PM-7:40PM (Group Fitness) <i>Lori T.</i>		8:00AM-8:55AM (Group Fitness) <i>Jodi F.</i>	
Open Gym-Pickleball Courts 1 & 2	10:00AM-1:00PM (Gym Schedule)		10:00AM-1:00PM (Gym Schedule)		10:00AM-1:00PM (Gym Schedule)		
Gentle Yoga Group Ex Room	10:30AM-11:25AM (Mind And Body) <i>Ana R.</i>		10:30AM-11:25AM (Mind And Body) <i>Pedro G.</i>				
Circuit Training Group Ex Room	11:30AM-12:25PM (Group Fitness) <i>Patty G.</i>	5:15AM-6:15AM (Group Fitness) <i>Theresa G.</i>	9:30AM-10:25AM (Group Fitness) <i>Emily E.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Active Older Adults(AOA) Group Ex Room	12:30PM-1:25PM (Active Older Adults) <i>Holly H.</i>		12:30PM-1:25PM (Active Older Adults) <i>Patty G.</i>				
SilverSneakers® Classic Group Ex Room	1:30PM-2:30PM (Active Older Adults) <i>Holly H.</i>	12:30PM-1:25PM (Active Older Adults) <i>Patty G.</i>		12:30PM-1:25PM (Active Older Adults) <i>Patty G.</i>			
LES MILLS RPM™ Cycle Studio	5:30PM-6:15PM (Cycle) <i>Michelle H.</i>			5:30PM-6:15PM (Cycle) <i>Nicole W.</i>			
YMCA Program Courts 1 & 2	5:30PM-7:30PM (Gym Schedule)	5:30PM-7:30PM (Gym Schedule)	5:30PM-7:30PM (Gym Schedule)			7:00AM-2:00PM (Gym Schedule)	
Yoga Mind Body Studio	5:45PM-6:45PM (Mind And Body) <i>Janet R.</i>			5:15AM-6:15AM (Mind And Body) <i>Janet R.</i>		7:15AM-8:30AM (Mind And Body) <i>Janet R.</i>	
Zumba Group Ex Room	5:45PM-6:40PM (Group Fitness) <i>Kathryn L.</i>			6:00PM-6:30PM (Group Fitness) <i>Kathryn L.</i>		11:00AM-11:55AM (Group Fitness) <i>Katryna L.</i>	
Spinning Cycle Studio		8:30AM-9:30AM (Cycle) <i>Jodi F.</i>					
20/20 Group Ex Room		9:30AM-10:15AM (Group Fitness) <i>Christie P.</i>					
LES MILLS BODYBALANCE™ Mind Body Studio		9:30AM-10:25AM (Mind And Body) <i>Sue R.</i>					
Water Volleyball Pool		10:00AM-11:00AM (Water Fitness) <i>No I.</i>		10:00AM-11:00AM (Water Fitness) <i>No I.</i>			
Vinyasa Yoga Mind Body Studio		10:30AM-11:25AM (Mind And Body) <i>Amy C.</i> 5:45PM-6:40PM (Mind And Body) <i>Krystal R.</i>					
HIIT Group Ex Room		10:30AM-11:25AM (Group Fitness) <i>Nikki M.</i>		10:30AM-11:25AM (Group Fitness) <i>Danielle C.</i>			
Pedaling for Parkinson's Cycle Studio		11:00AM-12:00PM (Cycle) <i>Paul C.</i>		11:00AM-12:00PM (Cycle) <i>Paul C.</i>			
Chair Yoga Group Ex Room		11:30AM-12:25PM (Active Older Adults) <i>Miko H.</i>		1:30PM-2:30PM (Active Older Adults) <i>Patty G.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gentle Yoga Mind Body Studio		12:00PM-12:55PM (Mind And Body) <i>Richard O.</i>					
Zumba Gold Group Ex Room		1:30PM-2:25PM (Group Fitness) <i>Maria M.</i>	11:30AM-12:25PM (Group Fitness) <i>Maria M.</i>	11:30AM-12:25PM (Group Fitness) <i>Maria M.</i>			
LES MILLS CORE™ Group Ex Room		4:30PM-5:15PM (Group Fitness) <i>Alla M.</i>					
LES MILLS GRIT™ Cardio Cycle Studio		6:45PM-7:15PM (Group Fitness) <i>Jodi F.</i>					
Pilates Mind Body Studio			9:30AM-10:25AM (Mind And Body) <i>Miko H.</i>			9:00AM-9:55AM (Mind And Body) <i>Miko H.</i>	
LES MILLS CORE™ Mind Body Studio			10:30AM-11:15AM (Group Fitness) <i>Alla M.</i>				
Golden Spokes Cycle Studio			11:00AM-11:45AM (Active Older Adults) <i>Holly H.</i>				
Total Body Conditioning Group Ex Room			4:30PM-5:25PM (General) <i>Kaylee M.</i>				
Slow Flow Yoga and Meditation Mind Body Studio			5:45PM-6:40PM (Mind And Body) <i>Stef O.</i>				
LES MILLS BODYSTEP™ Group Ex Room			6:45PM-7:40PM (Group Fitness) <i>Lori T.</i>				
Infusion Mind Body Studio				8:30AM-9:25AM (Mind And Body) <i>Alla M.</i>			
LES MILLS BODYCOMBAT™ Group Ex Room				8:30AM-9:25AM (Group Fitness) <i>Jenn G.</i>			11:00AM-11:55AM (Group Fitness) <i>Jenn G.</i>
YoChi Mind Body Studio				9:30AM-10:25AM (Mind And Body) <i>Sue R.</i>			
Advanced Beginner Yoga Mind Body Studio				1:00PM-1:55PM (Mind And Body) <i>Richard O.</i>			
Interval Training Group Ex Room				4:30PM-5:00PM (Group Fitness) <i>Kaylee M.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS GRIT™ Strength Group Ex Room				5:15PM-5:45PM (Group Fitness) <i>Jodi F.</i>			
YMCA Program Court 2				6:00PM-7:30PM (Gym Schedule)			
YMCA Program Court 1				6:30PM-9:00PM (Gym Schedule)	5:30PM-8:00PM (Gym Schedule)		
Open Gym-Adult Basketball Court 2				7:30PM-9:00PM (Gym Schedule)			
Open Gym Court 2					5:30PM-7:00PM (Gym Schedule) 7:00PM-8:00PM (Gym Schedule)		
LES MILLS GRIT™ Athletic Group Ex Room						9:00AM-9:30AM (Group Fitness) <i>Jodi F.</i>	
LES MILLS BODYBALANCE™ Group Ex Room						10:00AM-10:55AM (Mind And Body) <i>Sue R.</i>	
Yoga Group Ex Room							12:15PM-1:10PM (Mind And Body) <i>Pedro G.</i>



Plant City Family YMCA | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium - Court A & B	5:00AM-9:00AM (Gym Schedule) 11:00AM-6:00PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule) 11:00AM-6:00PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule) 11:00AM-6:00PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule) 11:00AM-6:00PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule) 11:00AM-5:00PM (Gym Schedule)	2:00PM-5:00PM (Gym Schedule)	
LES MILLS BODYPUMP™ Max Results Room	5:15AM-6:10AM (Group Fitness) <i>Lily E.</i> 4:30PM-5:25PM (Group Fitness) <i>Jennifer G.</i>	10:00AM-10:55AM (Group Fitness) <i>Linda W.</i>	5:15AM-6:10AM (Group Fitness) <i>Staff Y.</i> 4:30PM-5:25PM (Group Fitness) <i>Jennifer G.</i>	10:00AM-10:55AM (Group Fitness) <i>Staff Y.</i>		9:00AM-9:55AM (Group Fitness) <i>Laura F.</i>	
Lap Swim 6 Lanes Pool	6:00AM-8:00AM (Lap Swim)	6:00AM-8:00AM (Lap Swim)	6:00AM-8:00AM (Lap Swim)	6:00AM-8:00AM (Lap Swim)	6:00AM-8:00AM (Lap Swim)		
Yoga Group Ex Room	8:00AM-8:55AM (Mind And Body) <i>Sue M.</i> 7:00PM-7:55PM (Mind And Body) <i>Sue M.</i>		7:00PM-7:55PM (Mind And Body) <i>Sue M.</i>				
Lap Swim 4 Lanes Pool	8:00AM-9:00AM (Lap Swim) 10:00AM-12:00PM (Lap Swim) 4:00PM-5:30PM (Lap Swim) 6:30PM-7:00PM (Lap Swim)	8:00AM-9:00AM (Lap Swim) 6:30PM-7:00PM (Lap Swim)	8:00AM-9:00AM (Lap Swim) 10:00AM-12:00PM (Lap Swim) 4:00PM-5:30PM (Lap Swim) 6:30PM-7:00PM (Lap Swim)	8:00AM-9:00AM (Lap Swim) 6:30PM-7:00PM (Lap Swim)	8:00AM-9:00AM (Lap Swim) 4:00PM-5:30PM (Lap Swim) 6:30PM-7:00PM (Lap Swim)	8:00AM-9:00AM (Lap Swim)	11:00AM-12:00PM (Lap Swim) 12:00PM-4:00PM (Lap Swim)
Aqua Beat Pool	9:00AM-10:00AM (Water Fitness) <i>Brooke E.</i>		9:00AM-10:00AM (Water Fitness) <i>Brooke E.</i>				
SilverSneakers® Classic Group Ex Room	9:00AM-9:45AM (Active Older Adults) <i>Mary S.</i>		9:00AM-9:45AM (Active Older Adults) <i>Mary S.</i>				
Stay and Play Stay and Play	9:00AM-12:00PM (Stay And Play) 4:00PM-7:00PM (Stay And Play)	9:00AM-12:00PM (Stay And Play) 4:00PM-7:00PM (Stay And Play)	9:00AM-12:00PM (Stay And Play) 4:00PM-7:00PM (Stay And Play)	9:00AM-12:00PM (Stay And Play) 4:00PM-7:00PM (Stay And Play)	9:00AM-12:00PM (Stay And Play)	9:00AM-12:00PM (Stay And Play)	11:00AM-2:00PM (Stay And Play)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 3 Lanes Pool	9:00AM-10:00AM (Lap Swim)	9:00AM-10:00AM (Lap Swim) 10:00AM-12:00PM (Lap Swim)	9:00AM-10:00AM (Lap Swim)	9:00AM-10:00AM (Lap Swim) 10:00AM-12:00PM (Lap Swim)	9:00AM-10:00AM (Lap Swim) 10:00AM-12:00PM (Lap Swim)	12:00PM-4:00PM (Lap Swim)	
Open Gym Gymnasium - Court B	9:00AM-11:00AM (Gym Schedule)		9:00AM-11:00AM (Gym Schedule)		9:00AM-11:00AM (Gym Schedule)		12:00PM-5:00PM (Gym Schedule)
Open Gym-Pickleball Gymnasium - Court A	9:00AM-11:00AM (Gym Schedule)	9:00AM-11:00AM (Gym Schedule)	9:00AM-11:00AM (Gym Schedule)	9:00AM-11:00AM (Gym Schedule)	9:00AM-11:00AM (Gym Schedule)		10:00AM-12:00PM (Gym Schedule)
Line Dancing Max Results Room	9:00AM-9:55AM (Group Fitness) <i>Debbie M.</i>		9:00AM-9:55AM (Group Fitness) <i>Debbie M.</i>				
Zumba Max Results Room	10:00AM-10:55AM (Group Fitness) <i>Diana A.</i>		10:00AM-10:55AM (Group Fitness) <i>Keke R.</i>				
SilverSneakers® Circuit Group Ex Room	11:00AM-11:55AM (Active Older Adults) <i>Cathy H.</i>		11:00AM-11:55AM (Active Older Adults) <i>Debbie R.</i>				
Enhance Fitness Group Ex Room	12:30PM-1:30PM (Active Older Adults) <i>Sue M.</i>		12:30PM-1:30PM (Active Older Adults) <i>Debbie R.</i>				
Lap Swim 2 Lanes Pool	5:30PM-6:30PM (Lap Swim)	4:00PM-5:30PM (Lap Swim) 5:30PM-6:30PM (Lap Swim)	5:30PM-6:30PM (Lap Swim)	4:00PM-5:30PM (Lap Swim) 5:30PM-6:30PM (Lap Swim)	5:30PM-6:30PM (Lap Swim)	9:00AM-10:00AM (Lap Swim)	
Zumba Group Ex Room	5:30PM-6:25PM (Group Fitness) <i>Anay D.</i>		5:30PM-6:25PM (Group Fitness) <i>Anay D.</i>			10:00AM-10:55AM (Group Fitness) <i>Stephanie S.</i>	
YMCA Program Gymnasium - Court B	6:00PM-8:00PM (Gym Schedule)	10:00AM-11:00PM (Gym Schedule) 6:00PM-8:00PM (Gym Schedule)		10:00AM-11:00AM (Gym Schedule) 7:00PM-9:00PM (Gym Schedule)			
Open Gym-Adult Basketball Gymnasium - Court A	6:00PM-8:00PM (Gym Schedule)						
Spinning Group Ex Room		5:15AM-5:45AM (Cycle) <i>Joni J.</i> 9:00AM-9:45AM (Cycle) <i>Lisa K.</i>		9:00AM-9:45AM (Cycle) <i>Lisa K.</i> 6:00PM-7:00PM (Cycle) <i>Kristie D.</i>			
LES MILLS CORE™ Max Results Room		8:00AM-8:30AM (Group Fitness) <i>Linda W.</i>		8:00AM-8:30AM (Group Fitness) <i>Linda W.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stretch Max Results Room		8:30AM-9:00AM (Mind And Body) <i>Linda W.</i>		8:30AM-9:00AM (Mind And Body) <i>Linda W.</i>			
Deep Water Pool		10:00AM-10:55AM (Water Fitness) <i>Lisa K.</i>		10:00AM-10:55AM (Water Fitness) <i>Lisa K.</i>			
Silver Sneakers Stability Group Ex Room		10:00AM-10:45AM (Active Older Adults) <i>Mary S.</i>		10:00AM-10:45AM (Active Older Adults) <i>Sue M.</i>			
Boom Move It! Group Ex Room		11:00AM-11:55AM (Active Older Adults) <i>Mary S.</i>		11:00AM-11:55AM (Active Older Adults) <i>Mary S.</i>			
LES MILLS GRIT™ Strength Max Results Room		5:00PM-5:30PM (Group Fitness) <i>Nikki J.</i>		5:00PM-5:30PM (Group Fitness) <i>Andrea W.</i>			
Core Conditioning Max Results Room		5:30PM-6:00PM (General) <i>Susan M.</i>		5:30PM-5:55PM (General) <i>Andrea W.</i>			
LES MILLS RPM™ Group Ex Room		6:00PM-6:45PM (Cycle) <i>Lisa K.</i>					
Open Gym Gymnasium - Court A		7:00PM-9:00PM (Gym Schedule)					
Circuit Training Max Results Room			7:30AM-8:25AM (Group Fitness) <i>Lisa K.</i>				
Open Gym-Adult Basketball Gymnasium - Court B			5:30PM-8:30PM (Gym Schedule)				
YMCA Program Gymnasium - Court A			5:30PM-8:30PM (Gym Schedule)	5:00PM-8:00PM (Gym Schedule)			
Pilates Group Ex Room				5:15AM-6:00AM (Mind And Body) <i>Joni J.</i>			
LES MILLS BODYCOMBAT™ Max Results Room				9:00AM-9:45AM (Group Fitness) <i>Ben F.</i>			
Open Gym-Volleyball Gymnasium - Court A					5:00PM-8:00PM (Gym Schedule)		
YMCA Program Gymnasium - Court A & B						8:00AM-2:00PM (Gym Schedule)	
LES MILLS BODYCOMBAT™ Group Ex Room						8:15AM-9:00AM (Group Fitness) <i>Laura F.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 1 Lane Pool						10:00AM-12:00PM (Lap Swim)	
AquaBata/HIIT Pool						10:00AM-10:55AM (Water Fitness) <i>Sharon D.</i>	



South Tampa Family YMCA | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym-Adult Basketball Court 1A	5:00AM-6:30AM (Gym Schedule) 7:30PM-9:30PM (Gym Schedule)		5:00AM-6:30AM (Gym Schedule)	7:30PM-9:30PM (Gym Schedule)	5:00AM-6:30AM (Gym Schedule)		8:00AM-10:00AM (Gym Schedule)
Open Gym-Adult Basketball Court 1B	5:00AM-6:30AM (Gym Schedule) 7:30PM-9:30PM (Gym Schedule)		5:00AM-6:30AM (Gym Schedule)	7:30PM-9:30PM (Gym Schedule)	5:00AM-6:30AM (Gym Schedule)		8:00AM-10:00AM (Gym Schedule)
LES MILLS BODYPUMP™ Studio B	5:30AM-6:25AM (Group Fitness) <i>Holly M.</i> 8:00AM-8:55AM (Group Fitness) <i>Michelle H.</i> 4:30PM-5:25PM (Group Fitness) <i>Marissa J.</i> 6:30PM-7:25PM (Group Fitness) <i>Andres C.</i>	9:00AM-9:55AM (Group Fitness) <i>Alan D.</i>	5:30AM-6:25AM (Group Fitness) <i>Andres C.</i> 9:00AM-9:55AM (Group Fitness) <i>Shannon G.</i> 5:30PM-6:25PM (Group Fitness) <i>Holly M.</i>	8:00AM-8:55AM (Group Fitness) <i>Alan D.</i> 5:30PM-6:25PM (Group Fitness) <i>Markita R.</i>		8:00AM-8:55AM (Group Fitness) <i>Marissa J.</i> 11:00AM-11:55AM (Group Fitness) <i>Kristen S.</i>	9:45AM-10:45AM (Group Fitness) <i>Pedro G.</i>
Open Gym Court 1A	6:30AM-9:00AM (Gym Schedule) 2:00PM-3:00PM (Gym Schedule)	5:00AM-6:30AM (Gym Schedule) 6:30AM-8:00AM (Gym Schedule) 8:00AM-1:00PM (Gym Schedule) 2:00PM-3:00PM (Gym Schedule)	6:30AM-9:00AM (Gym Schedule) 2:00PM-3:00PM (Gym Schedule) 8:30PM-9:30PM (Gym Schedule)	5:00AM-6:30AM (Gym Schedule) 8:00AM-1:00PM (Gym Schedule)	6:30AM-9:00AM (Gym Schedule) 2:00PM-3:00PM (Gym Schedule)	7:00AM-8:00AM (Gym Schedule)	10:00AM-4:00PM (Gym Schedule) 4:00PM-5:00PM (Gym Schedule)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Court 1B	6:30AM-9:00AM (Gym Schedule) 3:00PM-5:00PM (Gym Schedule)	5:00AM-6:30AM (Gym Schedule) 6:30AM-8:00AM (Gym Schedule) 2:00PM-3:00PM (Gym Schedule) 3:00PM-5:00PM (Gym Schedule)	2:00PM-5:00PM (Gym Schedule) 8:30PM-9:30PM (Gym Schedule)	5:00AM-6:30AM (Gym Schedule) 2:00PM-5:00PM (Gym Schedule)	6:30AM-9:00AM (Gym Schedule) 2:00PM-5:00PM (Gym Schedule)	7:00AM-8:00AM (Gym Schedule)	10:00AM-12:00PM (Gym Schedule) 4:00PM-5:00PM (Gym Schedule)
Functional Fitness Studio A	7:00AM-7:45AM (Active Older Adults) <i>Camilla J.</i>		7:00AM-7:45AM (Active Older Adults) <i>Alan D.</i>				
Cycling Cycle Studio	8:15AM-9:00AM (Cycle) <i>Michele S.</i> 9:15AM-10:00AM (Cycle) <i>Marissa J.</i>	7:00AM-7:45AM (Cycle) <i>Cameron O.</i> 5:45PM-6:30PM (Cycle) <i>Holli R.</i>	8:15AM-9:15AM (Cycle) <i>Michele S.</i> 5:45PM-6:30PM (Cycle) <i>Jessica P.</i>	8:15AM-9:00AM (Cycle) <i>Andrea D.</i> 5:45PM-6:30PM (Cycle) <i>Kathy H.</i>		9:15AM-10:15AM (Cycle) <i>Holli R.</i>	11:15AM-12:00PM (Cycle) <i>Kathy H.</i>
LES MILLS BODYBALANCE™ Studio A	9:00AM-9:55AM (Mind And Body) <i>Alli R.</i> 5:30PM-6:25PM (Mind And Body) <i>Andres C.</i>	10:00AM-10:55AM (Mind And Body) <i>Alli R.</i>	9:00AM-9:55AM (Mind And Body) <i>Miki L.</i> 5:30PM-6:25PM (Mind And Body) <i>Andres C.</i>			9:15AM-10:10AM (Mind And Body) <i>Michelle H.</i>	12:15PM-1:10PM (Mind And Body) <i>Holly M.</i>
YMCA Program Court 1A	9:00AM-10:00AM (Gym Schedule) 3:00PM-5:00PM (Gym Schedule) 5:00PM-7:30PM (Gym Schedule)	1:00PM-2:00PM (Gym Schedule) 3:00PM-5:00PM (Gym Schedule) 5:00PM-9:30PM (Gym Schedule)	9:00AM-10:00AM (Gym Schedule) 3:00PM-5:00PM (Gym Schedule) 5:00PM-8:30PM (Gym Schedule)	1:00PM-3:00PM (Gym Schedule) 3:00PM-5:00PM (Gym Schedule) 5:00PM-7:30PM (Gym Schedule)	9:00AM-10:00AM (Gym Schedule) 5:00PM-8:30PM (Gym Schedule)	8:00AM-6:00PM (Gym Schedule)	
YMCA Program Court 1B	9:00AM-10:00AM (Gym Schedule) 5:00PM-7:30PM (Gym Schedule)	5:00PM-9:30PM (Gym Schedule) 5:00PM-7:30PM (Gym Schedule)	9:00AM-10:00AM (Gym Schedule) 5:00PM-8:30PM (Gym Schedule)		9:00AM-10:00AM (Gym Schedule) 5:00PM-8:30PM (Gym Schedule)	8:00AM-6:00PM (Gym Schedule)	
YMCA Program Court 2A	9:00AM-10:00AM (Gym Schedule) 9:00AM-10:00AM (Gym Schedule) 5:00PM-7:30PM (Gym Schedule) 7:30PM-9:30PM (Gym Schedule)	5:00PM-9:30PM (Gym Schedule)	9:00AM-10:00AM (Gym Schedule) 9:00AM-10:00AM (Gym Schedule) 5:00PM-8:30PM (Gym Schedule)	5:00PM-9:30PM (Gym Schedule)	9:00AM-10:00AM (Gym Schedule) 5:00PM-8:30PM (Gym Schedule)	8:00AM-6:00PM (Gym Schedule)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YMCA Program Court 2B	9:00AM-10:00AM (Gym Schedule) 5:00PM-7:30PM (Gym Schedule) 7:30PM-9:30PM (Gym Schedule)	5:00PM-9:30PM (Gym Schedule)	9:00AM-10:00AM (Gym Schedule) 5:00PM-8:30PM (Gym Schedule)	5:00PM-9:30PM (Gym Schedule)	9:00AM-10:00AM (Gym Schedule) 5:00PM-8:30PM (Gym Schedule)	8:00AM-6:00PM (Gym Schedule)	
Boot Camp Gymnasium	9:00AM-9:55AM (Group Fitness) <i>Andrea D.</i>						
Body Sculpt Studio B	10:00AM-10:55AM (Group Fitness) <i>Miki L.</i>						
Open Gym-Pickleball Court 1B	10:00AM-2:00PM (Gym Schedule)	8:00AM-2:00PM (Gym Schedule)	10:00AM-2:00PM (Gym Schedule)	8:00AM-2:00PM (Gym Schedule)	10:00AM-2:00PM (Gym Schedule)		12:00PM-4:00PM (Gym Schedule)
Open Gym-Pickleball Court 1A	10:00AM-2:00PM (Gym Schedule)		10:00AM-2:00PM (Gym Schedule)		10:00AM-2:00PM (Gym Schedule)		
Barre Studio A	10:10AM-11:05AM (Group Fitness) <i>Alli R.</i>	8:00AM-8:55AM (Group Fitness) <i>Miki L.</i>		5:30PM-6:25PM (Group Fitness) <i>Beverly M.</i>			
Enhance Fitness Studio A	11:15AM-12:15PM (Active Older Adults) <i>laurel g.</i> 12:30PM-1:30PM (Active Older Adults) <i>Camilla J.</i>		11:15AM-12:15PM (Active Older Adults) <i>laurel g.</i> 12:30PM-1:30PM (Active Older Adults) <i>Marianne W.</i>				
Aqua Pool Deck	11:15AM-12:00PM (Water Fitness) <i>Susan Z.</i>						
Meditation 101 Studio B	12:30PM-1:15PM (Mind And Body) <i>Cindy G.</i>						
Open Gym Court 2B	3:00PM-5:00PM (Gym Schedule)	5:00AM-6:30AM (Gym Schedule) 6:30AM-8:00AM (Gym Schedule) 2:00PM-3:00PM (Gym Schedule) 3:00PM-5:00PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule) 2:00PM-5:00PM (Gym Schedule) 8:30PM-9:30PM (Gym Schedule)	5:00AM-8:00AM (Gym Schedule) 2:00PM-5:00PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule) 2:00PM-5:00PM (Gym Schedule)	7:00AM-8:00AM (Gym Schedule)	9:00AM-12:00PM (Gym Schedule) 4:00PM-5:00PM (Gym Schedule)
Open Swim Entire Pool Family Pool Hours	4:00PM-7:00PM (Open Swim)			4:00PM-7:00PM (Open Swim)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step Studio B	5:30PM-6:25PM (Group Fitness) <i>Warren R.</i>						
Yoga Studio A	6:45PM-7:45PM (Mind And Body) <i>June K.</i>	5:30PM-6:25PM (Mind And Body) <i>Dayal S.</i>		9:00AM-9:55AM (Mind And Body) <i>Lisa W.</i>			
Open Gym Court 2A		5:00AM-6:30AM (Gym Schedule) 6:30AM-8:00AM (Gym Schedule) 2:00PM-3:00PM (Gym Schedule) 3:00PM-5:00PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule) 2:00PM-5:00PM (Gym Schedule) 8:30PM-9:30PM (Gym Schedule)	5:00AM-8:00AM (Gym Schedule) 2:00PM-5:00PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule) 2:00PM-5:00PM (Gym Schedule)	7:00AM-8:00AM (Gym Schedule) 7:00AM-8:00AM (Gym Schedule)	9:00AM-12:00PM (Gym Schedule) 4:00PM-5:00PM (Gym Schedule)
LES MILLS BODYATTACK™ Studio B		5:30AM-6:15AM (Group Fitness) <i>Andres C.</i>				9:15AM-10:10AM (Group Fitness) <i>Andres C.</i>	
LES MILLS CORE™ Studio B		6:20AM-6:50AM (Group Fitness) <i>Andres C.</i>				10:20AM-10:50AM (Group Fitness) <i>Andres C.</i>	
Power Yoga Studio B		7:45AM-8:45AM (Mind And Body) <i>Marianne W.</i>					
Open Gym-Pickleball Court 2B		8:00AM-2:00PM (Gym Schedule)	10:00AM-2:00PM (Gym Schedule)	8:00AM-2:00PM (Gym Schedule)	10:00AM-2:00PM (Gym Schedule)		12:00PM-4:00PM (Gym Schedule)
Open Gym-Pickleball Court 2A		8:00AM-2:00PM (Gym Schedule)	10:00AM-2:00PM (Gym Schedule)	8:00AM-2:00PM (Gym Schedule)	10:00AM-2:00PM (Gym Schedule)		12:00PM-4:00PM (Gym Schedule)
Golden Spokes Cycle Studio		9:15AM-10:00AM (Active Older Adults) <i>Linda L.</i>		9:15AM-10:00AM (Active Older Adults) <i>Linda L.</i>			
Pedaling for Parkinson's Cycle Studio		10:15AM-11:15AM (Cycle) <i>Warren R.</i>		10:15AM-11:15AM (Cycle) <i>Alan D.</i>			
SilverSneakers® Classic Studio A		11:15AM-12:00PM (Active Older Adults) <i>laurel g.</i>		11:15AM-12:00PM (Active Older Adults) <i>laurel g.</i>			
Aqua Warm Water Pool		11:15AM-12:00PM (Water Fitness) <i>Jessica P.</i>	11:15AM-12:00PM (Water Fitness) <i>Alan D.</i>	11:15AM-12:00PM (Water Fitness) <i>Jessica P.</i>			
Tai Chi Studio B		11:15AM-12:00PM (Mind And Body) <i>Anita V.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Stretch Studio A		12:15PM-1:00PM (Active Older Adults) <i>laurel g.</i>		12:15PM-1:00PM (Active Older Adults) <i>Camilla J.</i>			
Gentle Yoga Studio B		12:30PM-1:15PM (Mind And Body) <i>Cindy G.</i>	12:30PM-1:15PM (Mind And Body) <i>Denise R.</i>				
Line Dancing Studio A		1:30PM-2:30PM (Group Fitness) <i>June K.</i>					
Circuit Training Studio B		4:30PM-5:25PM (Group Fitness) <i>Andrea D.</i>		9:00AM-9:55AM (Group Fitness) <i>Andrea D.</i>			
LES MILLS SPRINT™ Cycle Studio		4:55PM-5:25PM (Cycle) <i>Marissa J.</i>		4:55PM-5:25PM (Cycle) <i>Marissa J.</i>		7:30AM-8:00AM (Cycle) <i>Natalie B.</i>	
Pilates Studio B		5:30PM-6:25PM (Mind And Body) <i>Beverly M.</i>					
Dance Fusion Studio A		6:45PM-7:30PM (Group Fitness) <i>Holli R.</i>		10:10AM-11:05AM (Group Fitness) <i>Nikki G.</i> 6:35PM-7:30PM (Group Fitness) <i>Holli R.</i>			
Power Yoga Studio A			8:00AM-8:55AM (Mind And Body) <i>Marianne W.</i> 4:00PM-5:00PM (Mind And Body) <i>Marianne W.</i>	7:45PM-8:45PM (Mind And Body) <i>Andrew S.</i>			
LES MILLS BODYCOMBAT™ Studio B			8:15AM-8:45AM (Group Fitness) <i>Shannon F.</i>				
Step Circuit Studio B			10:00AM-10:55AM (Group Fitness) <i>Miki L.</i>				
SilverSneakers® Circuit Studio A			10:15AM-11:00AM (Active Older Adults) <i>Alan D.</i>				
LES MILLS BODYSTEP™ Studio B			4:45PM-5:25PM (Group Fitness) <i>Andres C.</i>				11:00AM-11:55AM (Group Fitness) <i>Holly M.</i>
HIIT Studio B			6:30PM-7:25PM (Group Fitness) <i>Holli R.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Studio A			6:30PM-7:30PM (Group Fitness) <i>Amanda E.</i>			8:00AM-8:55AM (Group Fitness) <i>Susan Z.</i> 10:25AM-11:15AM (Group Fitness) <i>Vilmarie A.</i>	
Vinyasa Yoga Studio A				8:00AM-8:55AM (Mind And Body) <i>Brianna P.</i>			
Stretch Studio B				10:15AM-11:00AM (Mind And Body) <i>Kristen W.</i>			
Yin Yoga Studio B				11:15AM-12:15PM (Mind And Body) <i>Kristen W.</i>			
The Challenge Studio B				6:35PM-8:05PM (Group Fitness) <i>MYRNA H.</i>			4:30PM-6:00PM (Group Fitness) <i>MYRNA H.</i>
Pilates Studio A						11:30AM-12:15PM (Mind And Body) <i>Vilmarie A.</i>	
Open Gym-Adult Basketball Court 2A							8:00AM-9:00AM (Gym Schedule)
Open Gym-Adult Basketball Court 2B							8:00AM-9:00AM (Gym Schedule)



Campo Family YMCA | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium - Court A & B	5:00AM-9:00AM (Gym Schedule) 3:30PM-5:00PM (Gym Schedule)	5:00AM-6:00AM (Gym Schedule) 8:00AM-10:00AM (Gym Schedule) 3:30PM-5:00PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule) 3:30PM-5:00PM (Gym Schedule) 7:30PM-9:30PM (Gym Schedule)	5:00AM-6:00AM (Gym Schedule) 10:00AM-12:00PM (Gym Schedule) 3:30PM-5:00PM (Gym Schedule) 7:30PM-9:30PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)	7:00AM-7:30AM (Gym Schedule)	8:00AM-2:00PM (Gym Schedule) 4:00PM-6:00PM (Gym Schedule)
LES MILLS BODYPUMP™ Main Studio	5:10AM-5:55AM (Group Fitness) <i>Destiny C.</i> 9:00AM-9:55AM (Group Fitness) <i>Cindy B.</i> 6:00PM-6:55PM (Group Fitness) <i>Linda W.</i>	9:00AM-9:55AM (Group Fitness) <i>Julie W.</i> 5:00PM-5:30PM (Group Fitness) <i>Carlos M.</i>	5:10AM-6:05AM (Group Fitness) <i>Lily E.</i> 8:00AM-8:55AM (Group Fitness) <i>Steve C.</i> 10:00AM-10:55AM (Group Fitness) <i>Jen B.</i> 6:00PM-6:55PM (Group Fitness) <i>Kimberly L.</i>	9:00AM-9:55AM (Group Fitness) <i>Julie W.</i> 5:00PM-5:55PM (Group Fitness) <i>Destiny C.</i>		9:00AM-9:55AM (Group Fitness) <i>Angela F.</i>	12:00PM-12:30PM (Group Fitness) <i>Linda W.</i> 2:00PM-2:55PM (Group Fitness) <i>Cindy B.</i>
Lap Swim 8 Lanes Pool	5:30AM-6:00AM (Lap Swim) 12:00PM-4:00PM (Lap Swim)	5:30AM-7:00AM (Lap Swim) 12:00PM-4:00PM (Lap Swim) 7:00PM-9:00PM (Lap Swim)	5:30AM-7:00AM (Lap Swim) 12:00PM-4:00PM (Lap Swim) 8:00PM-9:00PM (Lap Swim)	5:30AM-7:00AM (Lap Swim) 12:00PM-4:00PM (Lap Swim) 7:00PM-9:00PM (Lap Swim)	5:30AM-6:00AM (Lap Swim) 12:00PM-4:00PM (Lap Swim) 7:30PM-8:00PM (Lap Swim)	7:30AM-9:30AM (Lap Swim) 12:00PM-6:30PM (Lap Swim)	8:30AM-10:00AM (Lap Swim) 12:00PM-5:30PM (Lap Swim)
Lap Swim 6 Lanes Pool	6:00AM-7:00AM (Lap Swim)				6:00AM-7:00AM (Lap Swim)		10:00AM-12:00PM (Lap Swim)
Lap Swim 4 Lanes Pool	7:00AM-9:30AM (Lap Swim) 4:00PM-5:30PM (Lap Swim)		7:00AM-9:30AM (Lap Swim) 4:00PM-5:30PM (Lap Swim)	7:00AM-9:30AM (Lap Swim)	4:00PM-5:30PM (Lap Swim)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stay and Play Stay and Play	7:45AM-12:00PM (Stay And Play) 4:00PM-8:00PM (Stay And Play)	7:45AM-12:00PM (Stay And Play) 4:00PM-8:00PM (Stay And Play)	7:45AM-12:00PM (Stay And Play) 4:00PM-8:00PM (Stay And Play)	7:45AM-12:00PM (Stay And Play) 4:00PM-8:00PM (Stay And Play)	7:45AM-12:00PM (Stay And Play) 4:00PM-7:00PM (Stay And Play)	8:00AM-12:00PM (Stay And Play)	12:00PM-4:00PM (Stay And Play)
Yoga KFC	8:00AM-8:55AM (Mind And Body) <i>Toni B.</i> 7:00PM-8:10PM (Mind And Body) <i>Tabitha D.</i>					8:30AM-9:25AM (Mind And Body) <i>Sue M.</i>	
Body Sculpt Main Studio	8:00AM-8:30AM (Group Fitness) <i>Carlos M.</i>						
LES MILLS CORE™ Main Studio	8:30AM-8:55AM (Group Fitness) <i>Carlos M.</i>	5:30PM-5:55PM (Group Fitness) <i>Carlos M.</i>					12:30PM-12:55PM (Group Fitness) <i>Linda W.</i>
Pilates KFC	9:00AM-9:55AM (Mind And Body) <i>Linda W.</i>						
Open Gym-Pickleball Gymnasium - Court A & B	9:00AM-12:00PM (Gym Schedule)		9:00AM-12:00PM (Gym Schedule)		9:00AM-12:00PM (Gym Schedule)		
SilverSneakers® Classic Multi-Purpose Room	9:00AM-9:45AM (Active Older Adults) <i>Lashaune H.</i>	11:00AM-11:45AM (Active Older Adults) <i>Morwenna B.</i>	9:00AM-9:45AM (Active Older Adults) <i>Lashaune H.</i>	11:00AM-11:45AM (Active Older Adults) <i>Lashaune H.</i>			
LES MILLS RPM™ Cycle Studio	9:15AM-10:00AM (Cycle) <i>Lily E.</i> 5:15PM-6:00PM (Cycle) <i>Michele C.</i>	4:15PM-5:00PM (Cycle) <i>Destiny C.</i>	9:15AM-10:00AM (Cycle) <i>Lily E.</i>	5:10AM-5:55AM (Cycle) <i>Michele C.</i> 4:15PM-5:00PM (Cycle) <i>Jen B.</i>		8:10AM-8:55AM (Cycle) <i>Jennifer D.</i>	
Lap Swim 1 Lane Pool	9:30AM-12:00PM (Lap Swim)	5:30PM-7:00PM (Lap Swim)	9:30AM-12:00PM (Lap Swim)	5:30PM-7:00PM (Lap Swim)	9:30AM-12:00PM (Lap Swim)		
Aqua Pool	9:30AM-10:25AM (Water Fitness) <i>Zitlaltzin A.</i>		10:00AM-10:55AM (Water Fitness) <i>Sharon D.</i>			10:00AM-10:55AM (Water Fitness) <i>Marie P.</i>	
SilverSneakers® Yoga Multi-Purpose Room	10:00AM-10:45AM (Active Older Adults) <i>Linda W.</i>	10:00AM-10:45AM (Active Older Adults) <i>Morwenna B.</i>	10:00AM-10:45AM (Active Older Adults) <i>Tabitha D.</i>	10:00AM-10:45AM (Active Older Adults) <i>Lashaune H.</i>			
LES MILLS BODYCOMBAT™ Main Studio	10:00AM-10:55AM (Group Fitness) <i>Cindy B.</i> 5:00PM-5:55PM (Group Fitness) <i>Mechelle L.</i>	6:00PM-6:45PM (Group Fitness) <i>Jennifer D.</i>	9:00AM-9:55AM (Group Fitness) <i>Sandra P.</i>	6:00PM-6:45PM (Group Fitness) <i>Destiny C.</i>		10:00AM-10:55AM (Group Fitness) <i>Destiny C.</i>	1:00PM-1:55PM (Group Fitness) <i>Jennifer D.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AquaBata/HIIT Pool	10:45AM-11:40AM (Water Fitness) <i>Zitlaltzin A.</i>		11:00AM-11:55AM (Water Fitness) <i>Sharon D.</i>				
Line Dancing Main Studio	11:00AM-11:55AM (Group Fitness) <i>Debbie M.</i>		11:00AM-11:55AM (Group Fitness) <i>Debbie M.</i>				
Open Gym Court B	12:00PM-3:30PM (Gym Schedule)	12:00PM-3:30PM (Gym Schedule) 8:30PM-9:30PM (Gym Schedule)	12:00PM-3:30PM (Gym Schedule)	8:00AM-10:00AM (Gym Schedule) 12:00PM-3:30PM (Gym Schedule)	12:00PM-2:00PM (Gym Schedule)		
YMCA Program Court A	12:00PM-3:30PM (Gym Schedule)	12:00PM-3:30PM (Gym Schedule) 8:30PM-9:30PM (Gym Schedule)	12:00PM-3:30PM (Gym Schedule)	12:00PM-3:30PM (Gym Schedule)			
Stay and Play GTE Youth Zone	4:30PM-8:00PM (Stay And Play)	4:30PM-8:00PM (Stay And Play)	4:30PM-8:00PM (Stay And Play)	4:30PM-8:00PM (Stay And Play)	4:00PM-7:00PM (Stay And Play)	8:00AM-12:00PM (Stay And Play)	12:00PM-4:00PM (Stay And Play)
LES MILLS SPRINT™ Cycle Studio	4:30PM-5:00PM (Cycle) <i>Michele C.</i>	5:15PM-5:45PM (Cycle) <i>Destiny C.</i>		5:15PM-6:00PM (Cycle) <i>Jen B.</i>		7:30AM-8:00AM (Cycle) <i>Destiny C.</i>	
YMCA Program Gymnasium - Court A & B	5:00PM-8:30PM (Gym Schedule)	5:00PM-8:30PM (Gym Schedule)	5:00PM-7:30PM (Gym Schedule)	5:00PM-9:30PM (Gym Schedule)		7:30AM-7:00PM (Gym Schedule)	
Lap Swim 2 Lanes Pool	5:30PM-7:00PM (Lap Swim)		5:30PM-7:00PM (Lap Swim)				
Barre KFC	6:00PM-6:55PM (Group Fitness) <i>Mechelle L.</i>		9:00AM-9:55AM (Group Fitness) <i>Suzanne D.</i>				
Cycling Cycle Studio	6:15PM-7:00PM (Cycle) <i>Jammye M.</i>	5:10AM-5:55AM (Cycle) <i>Casey A.</i> 8:15AM-9:00AM (Cycle) <i>Suzanne D.</i>	6:15PM-7:00PM (Cycle) <i>Jammye M.</i>	8:15AM-9:00AM (Cycle) <i>Suzanne D.</i>			
Lap Swim 5 Lanes Pool	7:00PM-8:00PM (Lap Swim)		7:00PM-8:00PM (Lap Swim)		5:30PM-7:30PM (Lap Swim)		
Open Swim 8 Lanes Pool	8:00PM-9:00PM (Open Swim)						
YMCA Program Court B	8:30PM-9:30PM (Gym Schedule)						2:00PM-4:00PM (Gym Schedule)
Open Gym Court A	8:30PM-9:30PM (Gym Schedule)	6:00AM-8:00AM (Gym Schedule) 10:00AM-12:00PM (Gym Schedule)		6:00AM-8:00AM (Gym Schedule)			2:00PM-4:00PM (Gym Schedule)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym-Pickleball Court B		6:00AM-8:00AM (Gym Schedule) 10:00AM-12:00PM (Gym Schedule)		6:00AM-8:00AM (Gym Schedule)			
Open Swim 4 Lanes Pool		7:00AM-9:30AM (Open Swim)					
LES MILLS BODYATTACK™ Main Studio		8:00AM-8:45AM (Group Fitness) <i>Destiny C.</i>		8:00AM-8:45AM (Group Fitness) <i>Destiny C.</i>		8:15AM-8:55AM (Group Fitness) <i>Destiny C.</i>	
SilverSneakers EnerChi Multi-Purpose Room		8:00AM-8:45AM (Active Older Adults) <i>Morwenna B.</i>					
SilverSneakers® Circuit Multi-Purpose Room		9:00AM-9:45AM (Active Older Adults) <i>Morwenna B.</i>		9:00AM-9:45AM (Active Older Adults) <i>Suzanne D.</i>			
Lap Swim 3 Lanes Pool		9:30AM-12:00PM (Lap Swim)		9:30AM-12:00PM (Lap Swim)	7:00AM-9:30AM (Lap Swim)	9:30AM-12:00PM (Lap Swim)	
LES MILLS BODYSTEP™ Main Studio		10:00AM-10:55AM (Group Fitness) <i>Julie W.</i>		10:00AM-10:55AM (Group Fitness) <i>Julie W.</i>			
LES MILLS BODYBALANCE™ Main Studio		11:00AM-11:55AM (Mind And Body) <i>Tabitha D.</i>		11:00AM-11:55AM (Mind And Body) <i>Tabitha D.</i>			
Lap Swim 7 Lanes Pool		4:00PM-5:30PM (Lap Swim)		4:00PM-5:30PM (Lap Swim)			
LES MILLS BODYBALANCE™ KFC		6:15PM-7:10PM (Mind And Body) <i>Amber R.</i>	8:00AM-8:55AM (Mind And Body) <i>Maria F.</i>	6:15PM-7:10PM (Mind And Body) <i>Jen B.</i>		11:00AM-11:55AM (Mind And Body) <i>Maria F.</i>	3:00PM-3:55PM (Mind And Body) <i>Maria F.</i>
Stretch KFC			10:00AM-10:45AM (Mind And Body) <i>Sandra P.</i>				
Yoga Main Studio			7:00PM-7:55PM (Mind And Body) <i>Tajuana G.</i>				
Tai Chi Multi-Purpose Room				8:00AM-8:45AM (Mind And Body) <i>Debbie R.</i>			
Open Gym-Adult Basketball Court A				8:00AM-10:00AM (Gym Schedule)			
Zumba Main Studio						11:00AM-11:55AM (Group Fitness) <i>Sonya K.</i>	



North Brandon Family YMCA | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Basketball Full Court	5:00AM-8:00AM (Gym Schedule) 12:00PM-6:00PM (Gym Schedule) 7:00PM-9:25PM (Gym Schedule)	5:00AM-8:00AM (Gym Schedule) 12:00PM-9:25PM (Gym Schedule)	5:00AM-8:00AM (Gym Schedule) 12:00PM-6:00PM (Gym Schedule) 7:00PM-9:55PM (Gym Schedule)	5:00AM-8:00AM (Gym Schedule) 12:00PM-9:25PM (Gym Schedule)	5:00AM-8:30AM (Gym Schedule) 12:00PM-1:55PM (Gym Schedule)	7:00AM-9:00AM (Gym Schedule) 1:30PM-5:55PM (Gym Schedule)	10:00AM-2:30PM (Gym Schedule) 4:30PM-4:55PM (Gym Schedule)
LES MILLS BODYPUMP™ Group Ex Room	5:15AM-6:15AM (Group Fitness) <i>Steve C.</i> 5:45PM-6:45PM (Group Fitness) <i>Faith E.</i>	9:15AM-10:15AM (Group Fitness) <i>Nicole W.</i> 4:45PM-5:45PM (Group Fitness) <i>Aracelli K.</i>	5:15AM-6:15AM (Group Fitness) <i>Jen B.</i> 5:45PM-6:45PM (Group Fitness) <i>Jen B.</i>	9:45AM-10:30AM (Group Fitness) <i>Jen B.</i>		9:15AM-10:15AM (Group Fitness) <i>Jen B.</i>	
Open Swim 6 Lanes Pool	5:30AM-9:00AM (Open Swim) 9:45AM-6:00PM (Open Swim)	5:30AM-6:00PM (Open Swim)	5:30AM-9:00AM (Open Swim) 9:45AM-7:00PM (Open Swim)	5:30AM-6:00PM (Open Swim)	5:30AM-9:00AM (Open Swim) 9:45AM-7:00PM (Open Swim)	8:00AM-11:00AM (Open Swim) 12:00PM-4:00PM (Open Swim)	
Open Gym-Pickleball Pickleball Full Court	8:00AM-12:00PM (Gym Schedule)		8:00AM-12:00PM (Gym Schedule)		8:30AM-12:00PM (Gym Schedule)		
Stay and Play Stay and Play	8:00AM-11:00AM (Stay And Play) 4:30PM-8:00PM (Stay And Play)	8:00AM-11:00AM (Stay And Play) 4:30PM-8:00PM (Stay And Play)	8:00AM-11:00AM (Stay And Play) 4:30PM-8:00PM (Stay And Play)	8:00AM-11:00AM (Stay And Play) 4:30PM-8:00PM (Stay And Play)	9:00AM-11:00AM (Stay And Play)	8:00AM-12:00PM (Stay And Play)	
Stay and Play Youth Zone	8:00AM-11:00AM (Stay And Play) 4:30PM-8:00PM (Stay And Play)	8:00AM-11:00AM (Stay And Play) 4:30PM-8:00PM (Stay And Play)	8:00AM-11:00AM (Stay And Play) 4:30PM-8:00PM (Stay And Play)	8:00AM-11:00AM (Stay And Play) 4:30PM-8:00PM (Stay And Play)	9:00AM-11:00AM (Stay And Play)	8:00AM-12:00PM (Stay And Play)	
Body Sculpt Group Ex Room	8:15AM-9:00AM (Group Fitness) <i>Nadia T.</i>		8:15AM-9:00AM (Group Fitness) <i>Nadia T.</i>		8:15AM-9:00AM (Group Fitness) <i>Nadia T.</i>		
Open Swim 4 Lanes Pool	8:45AM-9:45AM (Open Swim)		8:45AM-9:45AM (Open Swim)		8:45AM-9:45AM (Open Swim)		
Aqua Pool	8:45AM-9:45AM (Water Fitness) <i>Marie P.</i>		8:45AM-9:45AM (Water Fitness) <i>Zitlaltzin A.</i>		8:45AM-9:45AM (Water Fitness) <i>Zitlaltzin A.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Group Ex Room	9:15AM-10:00AM (Mind And Body) <i>Tabitha D.</i>						
Meditation 101 Group Ex Room	10:00AM-10:30AM (Mind And Body) <i>Tabitha D.</i>						
Active Older Adults(AOA) Group Ex Room	11:00AM-11:45AM (Active Older Adults) <i>Mary S.</i>						
Tai Chi Group Ex Room	12:00PM-12:45PM (Mind And Body) <i>Maria H.</i>				10:00AM-11:00AM (Mind And Body) <i>Debbie R.</i>		
Zumba Group Ex Room	4:45PM-5:30PM (Group Fitness) <i>Aracelli K.</i>	6:45PM-7:30PM (Group Fitness) <i>Anay D.</i>		8:55AM-9:40AM (Group Fitness) <i>Heather R.</i>			
YMCA Program Basketball Court 1	6:00PM-7:00PM (Gym Schedule)						
Open Gym-Basketball Basketball Court 2	6:00PM-7:00PM (Gym Schedule)			8:00AM-12:00PM (Gym Schedule)			
LES MILLS RPM™ Cycle Studio	6:00PM-6:45PM (Cycle) <i>Jen B.</i>	5:15AM-6:00AM (Cycle) <i>Steve C.</i>					
Open Swim 2 Lanes Pool	6:00PM-7:00PM (Open Swim)	6:00PM-7:00PM (Open Swim)		6:00PM-7:00PM (Open Swim)			
Step Group Ex Room	6:45PM-7:30PM (Group Fitness) <i>Elizabeth B.</i>						
Open Gym-Pickleball Basketball Court 2		8:00AM-12:00PM (Gym Schedule)		8:00AM-12:00PM (Gym Schedule)			2:30PM-4:30PM (Gym Schedule)
Open Gym-Basketball Basketball Court 1		8:00AM-12:00PM (Gym Schedule)					2:30PM-4:30PM (Gym Schedule)
Pilates Group Ex Room		8:15AM-9:00AM (Mind And Body) <i>Nadia T.</i>		8:00AM-8:45AM (Mind And Body) <i>Nadia T.</i>			
SilverSneakers® Classic Group Ex Room		10:30AM-11:15AM (Active Older Adults) <i>Maria H.</i> 11:30AM-12:15PM (Active Older Adults) <i>Maria H.</i>					
LES MILLS BODYCOMBAT™ Group Ex Room		5:45PM-6:40PM (Group Fitness) <i>Maria F.</i>		5:45PM-6:40PM (Group Fitness) <i>Maria F.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core Conditioning Group Ex Room			9:00AM-9:30AM (General) <i>Nadia T.</i> 6:45PM-7:30PM (General) <i>Jen B.</i>				
Stretch Group Ex Room			9:35AM-10:10AM (Mind And Body) <i>Nadia T.</i>		9:15AM-10:00AM (Mind And Body) <i>Nadia T.</i>		
Warrior Roots Group Ex Room			11:00AM-11:45AM (Group Fitness) <i>Marie P.</i>				
LES MILLS BODYBALANCE™ Group Ex Room			4:45PM-5:45PM (Mind And Body) <i>Jen B.</i>			8:00AM-9:00AM (Mind And Body) <i>Jen B.</i>	
YMCA Program Basketball Full Court			6:00PM-7:00PM (Gym Schedule)			9:00AM-1:30PM (Gym Schedule)	
LES MILLS SPRINT™ Cycle Studio			6:00PM-6:30PM (Cycle) <i>Steve C.</i>	5:15AM-5:45AM (Cycle) <i>Steve C.</i>			
Cycling Cycle Studio				9:00AM-9:30AM (Cycle) <i>Jen B.</i>		8:00AM-8:45AM (Cycle) <i>Jammye M.</i>	
SilverSneakers® Circuit Group Ex Room				10:45AM-11:30AM (Active Older Adults) <i>Maria H.</i>			
Chair Yoga Group Ex Room				11:45AM-12:30PM (Active Older Adults) <i>Maria H.</i>			
Warrior Strength Group Ex Room				4:45PM-5:40PM (Group Fitness) <i>Marie P.</i>			
U-Jam Group Ex Room				6:45PM-7:40PM (Group Fitness) <i>Rodney N.</i>			
Line Dancing Group Ex Room					11:00AM-12:00PM (Group Fitness) <i>Kim H.</i>		
Barre Group Ex Room						10:30AM-11:30AM (Group Fitness) <i>Gail M.</i>	
Open Swim Entire Pool Pool							11:00AM-4:00PM (Open Swim)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warrior Rhythm Group Ex Room							1:00PM-2:00PM (Mind And Body) <i>Marie P.</i>



Spurlino Family YMCA at Big Bend Road | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym-Basketball North Court 1	5:00AM-9:00AM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule) 11:00AM-1:00PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule) 11:00AM-1:00PM (Gym Schedule) 7:00PM-9:30PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)		12:00PM-1:00PM (Gym Schedule) 3:00PM-6:00PM (Gym Schedule)
Open Gym North Court 2	5:00AM-9:00AM (Gym Schedule)						
Open Gym-Basketball South Court 3	5:00AM-9:00AM (Gym Schedule) 4:00PM-6:00PM (Gym Schedule) 9:00PM-9:30PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule) 4:00PM-6:00PM (Gym Schedule) 7:00PM-9:30PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule) 4:00PM-6:00PM (Gym Schedule) 7:00PM-9:30PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)		8:00AM-10:00AM (Gym Schedule) 12:00PM-3:00PM (Gym Schedule)
Open Gym South Court 4	5:00AM-9:00AM (Gym Schedule)						
LES MILLS BODYPUMP™ Group Fitness Studio	5:15AM-6:10AM (Group Fitness) <i>Carlos M.</i> 7:30AM-8:15AM (Group Fitness) <i>Jen B.</i> 8:30AM-9:25AM (Group Fitness) <i>Destiny C.</i> 5:30PM-6:25PM (Group Fitness) <i>Bonnie B.</i>	4:30PM-5:15PM (Group Fitness) <i>Dinah O.</i>	5:15AM-6:10AM (Group Fitness) <i>Destiny C.</i> 7:30AM-8:15AM (Group Fitness) <i>Bonnie B.</i> 9:30AM-10:25AM (Group Fitness) <i>Dinah O.</i> 5:30PM-6:25PM (Group Fitness) <i>Gigi G.</i>	4:30PM-5:15PM (Group Fitness) <i>David S.</i>	9:15AM-10:00AM (Group Fitness) <i>Athena R.</i>	9:40AM-10:35AM (Group Fitness) <i>David S.</i>	11:20AM-12:15PM (Group Fitness) <i>Destiny C.</i>
Open Swim Entire Pool Lap Pool	5:30AM-9:00AM (Open Swim)	5:30AM-9:00AM (Open Swim)	5:30AM-9:00AM (Open Swim)	5:30AM-9:00AM (Open Swim)	5:30AM-9:00AM (Open Swim)	7:30AM-6:00PM (Open Swim)	8:00AM-5:00PM (Open Swim)
Stay and Play Stay & Play	8:00AM-1:00PM (Stay And Play) 4:00PM-8:00PM (Stay And Play)	8:00AM-1:00PM (Stay And Play) 4:00PM-8:00PM (Stay And Play)	8:00AM-1:00PM (Stay And Play) 4:00PM-8:00PM (Stay And Play)	8:00AM-1:00PM (Stay And Play) 4:00PM-8:00PM (Stay And Play)	8:00AM-1:00PM (Stay And Play) 4:00PM-7:00PM (Stay And Play)	8:00AM-1:00PM (Stay And Play)	10:00AM-2:00PM (Stay And Play)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS RPM™ Cycle Studio	8:30AM-9:15AM (Cycle) <i>Jen B.</i>	9:00AM-9:45AM (Cycle) <i>Jen B.</i> 5:30PM-6:15PM (Cycle) <i>Steve C.</i>		5:30PM-6:15PM (Cycle) <i>Stacey U.</i>		8:45AM-9:30AM (Cycle) <i>Carlos M.</i>	
Aqua Lap Pool	9:00AM-9:55AM (Water Fitness) <i>Sharon D.</i>	9:00AM-9:55AM (Water Fitness) <i>Marie P.</i>	9:00AM-9:55AM (Water Fitness) <i>Bonnie J.</i>	9:00AM-10:05AM (Water Fitness) <i>Maribel D.</i>			
YMCA Program North Court 2	9:00AM-11:00AM (Gym Schedule)	9:00AM-11:00AM (Gym Schedule)	9:00AM-11:00AM (Gym Schedule)	9:00AM-11:00AM (Gym Schedule)	9:00AM-11:00AM (Gym Schedule)	8:00AM-7:00PM (Gym Schedule)	1:00PM-3:00PM (Gym Schedule)
	1:00PM-3:00PM (Gym Schedule)	1:00PM-3:00PM (Gym Schedule)	1:00PM-3:00PM (Gym Schedule)	1:00PM-3:00PM (Gym Schedule)	1:00PM-3:00PM (Gym Schedule)		
	5:00PM-8:00PM (Gym Schedule)	6:00PM-8:00PM (Gym Schedule)	6:45PM-8:00PM (Gym Schedule)	5:00PM-7:00PM (Gym Schedule)			
	8:00PM-10:00PM (Gym Schedule)	8:00PM-10:00PM (Gym Schedule)	8:00PM-10:00PM (Gym Schedule)				
YMCA Program North Court 1	9:00AM-11:00AM (Gym Schedule)	9:00AM-11:00AM (Gym Schedule)	9:00AM-11:00AM (Gym Schedule)	9:00AM-11:00AM (Gym Schedule)	9:00AM-11:00AM (Gym Schedule)	8:00AM-7:00PM (Gym Schedule)	1:00PM-3:00PM (Gym Schedule)
	1:00PM-3:00PM (Gym Schedule)	1:00PM-3:00PM (Gym Schedule)	1:00PM-3:00PM (Gym Schedule)	1:00PM-3:00PM (Gym Schedule)	1:00PM-3:00PM (Gym Schedule)		
	5:00PM-8:00PM (Gym Schedule)	6:00PM-8:00PM (Gym Schedule)	6:45PM-8:00PM (Gym Schedule)	5:00PM-7:00PM (Gym Schedule)	5:30PM-8:30PM (Gym Schedule)		
	8:00PM-10:00PM (Gym Schedule)	8:00PM-10:00PM (Gym Schedule)	8:00PM-10:00PM (Gym Schedule)				
YMCA Program South Court 4	9:00AM-4:00PM (Gym Schedule)	9:00AM-4:00PM (Gym Schedule)	9:00AM-4:00PM (Gym Schedule)	9:00AM-4:00PM (Gym Schedule)	8:00AM-7:00PM (Gym Schedule)	8:00PM-4:00PM (Gym Schedule)	
	6:00PM-8:00PM (Gym Schedule)	6:00PM-7:00PM (Gym Schedule)	4:45PM-8:00PM (Gym Schedule)	6:00PM-7:00PM (Gym Schedule)	9:00AM-4:00PM (Gym Schedule)		
					5:45PM-8:30PM (Gym Schedule)		
YMCA Program South Court 3	9:00AM-12:00PM (Gym Schedule)	9:00AM-12:00PM (Gym Schedule)	9:00AM-12:00PM (Gym Schedule)	9:00AM-4:00PM (Gym Schedule)	9:00AM-4:00PM (Gym Schedule)	8:00AM-7:00PM (Gym Schedule)	
	12:00PM-4:00PM (Gym Schedule)	12:00PM-4:00PM (Gym Schedule)	12:00PM-4:00PM (Gym Schedule)	6:00PM-7:00PM (Gym Schedule)	5:45PM-8:30PM (Gym Schedule)		
	6:00PM-9:00PM (Gym Schedule)	6:00PM-7:00PM (Gym Schedule)	4:45PM-8:00PM (Gym Schedule)				
Open Swim 6 Lanes Lap Pool	9:00AM-11:00AM (Open Swim)	9:00AM-11:00AM (Open Swim)	9:00AM-11:00AM (Open Swim)	9:00AM-11:00AM (Open Swim)	9:00AM-11:00AM (Open Swim)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Group Fitness Studio	9:40AM-10:35AM (Group Fitness) <i>Eve M.</i>	6:35PM-7:30PM (Group Fitness) <i>Sonya K.</i>	8:30AM-9:15AM (Group Fitness) <i>Damaris D.</i> 6:40PM-7:35PM (Group Fitness) <i>Magli O.</i>	6:40PM-7:35PM (Group Fitness) <i>Magli O.</i>		8:30AM-9:25AM (Group Fitness) <i>Sonya K.</i>	
LES MILLS BODYBALANCE™ Mind Body Studio	9:40AM-10:35AM (Mind And Body) <i>Amber R.</i>		10:45AM-11:40AM (Mind And Body) <i>Amber R.</i>	6:30PM-7:25PM (Mind And Body) <i>Mechelle L.</i>		10:15AM-11:10AM (Mind And Body) <i>Mechelle L.</i>	10:00AM-10:55AM (Mind And Body) <i>Amber R.</i>
Water Fitness Lap Pool	10:10AM-11:05AM (Water Fitness) <i>Sharon D.</i>	10:10AM-11:05AM (Water Fitness) <i>Marie P.</i>		10:10AM-11:05AM (Water Fitness) <i>Maribel D.</i>			
Stretch Mind Body Studio	10:45AM-11:40AM (Mind And Body) <i>Amber R.</i>	10:30AM-11:30AM (Mind And Body) <i>Amber R.</i> 11:45AM-12:15PM (Mind And Body) <i>Angela E.</i>		11:45AM-12:15PM (Mind And Body) <i>Kristine H.</i>		9:00AM-9:55AM (Mind And Body) <i>Angela E.</i>	11:10AM-12:15PM (Mind And Body) <i>Kristine H.</i>
Zumba Gold Group Fitness Studio	10:45AM-11:40AM (Group Fitness) <i>Emma F.</i>		10:45AM-11:40AM (Group Fitness) <i>Emma F.</i>				
Open Gym-Pickleball North Court 2	11:00AM-1:00PM (Gym Schedule)		11:00AM-1:00PM (Gym Schedule)		11:00AM-1:00PM (Gym Schedule)		
Open Gym Airnasium	11:00AM-1:00PM (Airnasium Schedule) 5:00PM-9:00PM (Airnasium Schedule)		11:00AM-1:00PM (Airnasium Schedule) 5:00PM-9:00PM (Airnasium Schedule)		11:00AM-1:00PM (Airnasium Schedule) 4:00PM-5:30PM (Airnasium Schedule)	1:00PM-6:30PM (Airnasium Schedule)	9:00AM-12:00PM (Airnasium Schedule)
Lap Swim 8 Lanes Lap Pool	11:00AM-8:00PM (Lap Swim)	11:00AM-8:00PM (Lap Swim)	11:00AM-8:00PM (Lap Swim)	11:00AM-8:00PM (Lap Swim)	11:00AM-7:30PM (Lap Swim)		
Open Gym-Pickleball North Court 1	11:00AM-1:00PM (Gym Schedule)		11:00AM-1:00PM (Gym Schedule)		11:00AM-1:00PM (Gym Schedule)		
Open Swim Entire Pool Warm Water Therapy	11:30AM-4:00PM (Open Swim)	11:30AM-4:00PM (Open Swim)	11:30AM-4:00PM (Open Swim)	11:30AM-4:00PM (Open Swim)	11:30AM-7:00PM (Open Swim)	1:00PM-5:30PM (Open Swim)	1:00PM-4:30PM (Open Swim)
Pilates Mind Body Studio	12:00PM-12:45PM (Mind And Body) <i>Diana A.</i> 5:30PM-6:25PM (Mind And Body) <i>Bobbi G.</i>	9:30AM-10:15AM (Mind And Body) <i>Julie B.</i>	5:30PM-6:25PM (Mind And Body) <i>Julie B.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS SPRINT™ Cycle Studio	12:00PM-12:30PM (Cycle) <i>Susan M.</i> 4:45PM-5:15PM (Cycle) <i>Stacey U.</i>	5:15AM-5:45AM (Cycle) <i>Susan M.</i> 8:15AM-8:45AM (Cycle) <i>Jen B.</i>	4:45PM-5:15PM (Cycle) <i>Susan M.</i>	5:15AM-5:45AM (Cycle) <i>Susan M.</i> 8:15AM-8:45AM (Cycle) <i>Dinah O.</i>		8:05AM-8:35AM (Cycle) <i>Carlos M.</i>	
Open Swim Entire Pool Splash Pool	12:15PM-7:30PM (Open Swim)	12:15PM-7:30PM (Open Swim)	12:15PM-7:30PM (Open Swim)	12:15PM-7:30PM (Open Swim)	12:15PM-7:00PM (Open Swim)		11:00AM-4:30PM (Open Swim)
YMCA Program Airnasium	1:00PM-4:00PM (Airnasium Schedule) 4:00PM-5:30PM (Airnasium Schedule)	7:00AM-9:30AM (Airnasium Schedule) 9:35AM-11:00AM (Airnasium Schedule) 1:00PM-4:00PM (Airnasium Schedule) 4:00PM-6:30PM (Airnasium Schedule)	7:00AM-10:45AM (Airnasium Schedule) 1:00PM-4:00PM (Airnasium Schedule) 4:00PM-5:30PM (Airnasium Schedule)	7:00AM-9:30AM (Airnasium Schedule) 9:30AM-11:00AM (Airnasium Schedule) 1:00PM-4:00PM (Airnasium Schedule) 4:00PM-6:30PM (Airnasium Schedule)	7:00AM-10:45AM (Airnasium Schedule) 1:00PM-4:00PM (Airnasium Schedule) 5:30PM-8:00PM (Airnasium Schedule)	9:30AM-11:00AM (Airnasium Schedule)	
Open Swim Entire Pool Slide	1:00PM-6:00PM (Open Swim)	1:00PM-6:00PM (Open Swim)	1:00PM-6:00PM (Open Swim)	1:00PM-6:00PM (Open Swim)	1:00PM-6:00PM (Open Swim)		11:00AM-3:00PM (Open Swim)
Open Gym-Adult Basketball North Court 1	3:00PM-5:00PM (Gym Schedule)	3:00PM-6:00PM (Gym Schedule)	3:00PM-6:45PM (Gym Schedule)	3:00PM-5:00PM (Gym Schedule)	3:00PM-5:30PM (Gym Schedule)	7:00AM-8:00AM (Gym Schedule)	8:00AM-12:00PM (Gym Schedule)
Open Gym-Adult Basketball North Court 2	3:00PM-5:00PM (Gym Schedule)	3:00PM-6:00PM (Gym Schedule)	3:00PM-6:45PM (Gym Schedule)	3:00PM-5:00PM (Gym Schedule)	3:00PM-5:30PM (Gym Schedule)	7:00AM-8:00AM (Gym Schedule)	8:00AM-12:00PM (Gym Schedule)
Open Gym-Basketball South Court 4	4:00PM-6:00PM (Gym Schedule) 8:00PM-9:30PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule) 4:00PM-6:00PM (Gym Schedule) 7:00PM-9:30PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule) 4:00PM-6:00PM (Gym Schedule) 7:00PM-9:30PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)		8:00AM-10:00AM (Gym Schedule) 12:00PM-3:00PM (Gym Schedule)
Fit Factory Group Fitness Studio	4:30PM-5:15PM (General) <i>Amber R.</i>						
AquaBata/HIIT Lap Pool	6:00PM-6:55PM (Water Fitness) <i>Ilia B.</i>						
Yoga Mind Body Studio	6:30PM-7:25PM (Mind And Body) <i>Bobbi G.</i>						
U-Jam Group Fitness Studio	6:40PM-7:35PM (Group Fitness) <i>Heather R.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym-Basketball North Court 2		5:00AM-9:00AM (Gym Schedule) 11:00AM-1:00PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule) 11:00AM-1:00PM (Gym Schedule) 7:00PM-9:30PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)		12:00PM-1:00PM (Gym Schedule) 3:00PM-6:00PM (Gym Schedule)
Boot Camp Group Fitness Studio		6:00AM-6:55AM (Group Fitness) <i>Angela E.</i>		6:00AM-6:55AM (Group Fitness) <i>Angela E.</i>			
HEAT Group Fitness Studio		7:30AM-8:15AM (Group Fitness) <i>Angela E.</i>		7:30AM-8:15AM (Group Fitness) <i>Angela E.</i>			
Step Group Fitness Studio		9:00AM-9:30AM (Group Fitness) <i>Kristine H.</i>					
Core & More Group Fitness Studio		9:30AM-10:00AM (Group Fitness) <i>Kristine H.</i>					
Silver & Fit(AOA) Group Fitness Studio		10:15AM-11:10AM (Active Older Adults) <i>Maribel D.</i> 11:15AM-12:10PM (Active Older Adults) <i>Maribel D.</i>		10:15AM-11:10AM (Active Older Adults) <i>Michael R.</i>			
Open Gym-Pickleball Airnasium		11:00AM-1:00PM (Airnasium Schedule) 6:30PM-9:00PM (Airnasium Schedule)		11:00AM-1:00PM (Airnasium Schedule) 6:30PM-9:00PM (Airnasium Schedule)		11:00AM-1:00PM (Airnasium Schedule)	
Core & More Mind Body Studio		4:30PM-5:15PM (Group Fitness) <i>Angela E.</i>		4:30PM-5:15PM (Group Fitness) <i>Lynwood G.</i>			
LES MILLS GRIT™ Cardio Group Fitness Studio		5:30PM-6:00PM (Group Fitness) <i>Dinah O.</i>					
Barre Mind Body Studio		5:30PM-6:25PM (Group Fitness) <i>Mechelle L.</i>		9:30AM-10:15AM (Group Fitness) <i>Diana A.</i> 5:30PM-6:25PM (Group Fitness) <i>Mechelle L.</i>		11:30AM-12:25PM (Group Fitness) <i>Mechelle L.</i>	
LES MILLS BODYCOMBAT™ Mind Body Studio		6:40PM-7:35PM (Group Fitness) <i>Mechelle L.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling Cycle Studio			8:30AM-9:15AM (Cycle) <i>Kristine H.</i>				
Warrior Rhythm Mind Body Studio			9:00AM-9:30AM (Mind And Body) <i>Marie P.</i> 6:30PM-7:25PM (Mind And Body) <i>Amber R.</i>				
Gentle Yoga Mind Body Studio			9:40AM-10:35AM (Mind And Body) <i>Amber R.</i> 12:00PM-12:55PM (Mind And Body) <i>Amber R.</i>				
HIIT Group Fitness Studio			12:00PM-12:45PM (Group Fitness) <i>Angela E.</i>				
LES MILLS BODYATTACK™ Group Fitness Studio			5:00PM-5:30PM (Group Fitness) <i>Gigi G.</i>				
Open Gym-Volleyball South Court 3			8:00PM-9:30PM (Gym Schedule)		4:00PM-5:45PM (Gym Schedule)		10:00AM-12:00PM (Gym Schedule) 3:00PM-6:00PM (Gym Schedule)
Open Gym-Volleyball South Court 4			8:00PM-9:30PM (Gym Schedule)		4:00PM-5:45PM (Gym Schedule)		10:00AM-12:00PM (Gym Schedule) 3:00PM-6:00PM (Gym Schedule)
Grit Group Fitness Studio				9:00AM-9:30AM (Group Fitness) <i>Dinah O.</i>			
LES MILLS CORE™ Group Fitness Studio				9:30AM-10:00AM (Group Fitness) <i>Amber R.</i>		10:45AM-11:15AM (Group Fitness) <i>David S.</i>	
Warm Gentle Yoga Mind Body Studio				10:30AM-11:25AM (Group Fitness) <i>Amber R.</i>			
SilverSneakers® Circuit Group Fitness Studio				11:20AM-12:15PM (Active Older Adults) <i>Diana A.</i>			
Golden Spokes Cycle Studio				11:30AM-12:00PM (Active Older Adults) <i>Maribel D.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYCOMBAT™ Group Fitness Studio				5:30PM-6:25PM (Group Fitness) <i>Mario A.</i>			10:15AM-11:10AM (Group Fitness) <i>Destiny C.</i>
LES MILLS BODYBALANCE™ Group Fitness Studio					10:15AM-11:00AM (Mind And Body) <i>Athena R.</i>		
Open Gym-Adult Basketball South Court 3						7:00AM-8:00AM (Gym Schedule)	
Open Gym-Adult Basketball South Court 4						7:00AM-8:00AM (Gym Schedule)	
HIIT Terrace						8:45AM-9:30AM (Group Fitness) <i>Maribel D.</i>	
Open Gym-Basketball Airnasium							8:00AM-12:00PM (Airnasium Schedule)
Family Yoga Mind Body Studio							12:15PM-1:10PM (Mind And Body) <i>Amber R.</i>
Xtreme Hip Hop Step Group Fitness Studio							1:00PM-1:55PM (Group Fitness) <i>Crystal B.</i>



Downtown YMCA Wellness Center | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS RPM™ The Studio	5:00AM-5:30AM (Virtual)		1:15PM-1:45PM (Virtual)	5:30AM-6:00AM (Virtual)			
LES MILLS BODYPUMP™ Main Floor	5:30AM-6:25AM (Group Fitness) <i>Kristen S.</i> 12:00PM-12:45PM (Group Fitness) <i>Denise R.</i> 5:30PM-6:25PM (Group Fitness) <i>Fred P.</i>		5:45AM-6:40AM (Group Fitness) <i>Cynthia P.</i> 12:00PM-12:45PM (Group Fitness) <i>Deanna H.</i>		5:30AM-6:25AM (Group Fitness) <i>Lisa S.</i> 12:00PM-12:45PM (Group Fitness) <i>Deanna H.</i>		
LES MILLS BODYPUMP™ The Studio	5:45AM-6:30AM (Virtual)		6:00PM-6:55PM (Virtual)	5:15PM-6:10PM (Virtual)	4:00PM-4:45PM (Virtual)	8:15AM-9:10AM (Virtual)	
LES MILLS BODYBALANCE™ The Studio	7:00AM-7:45AM (Virtual) 1:00PM-1:45PM (Virtual) 7:00PM-7:45PM (Virtual)	5:30AM-6:00AM (Virtual) 5:30PM-6:25PM (Mind And Body) <i>Danielle D.</i>	6:15AM-7:30AM (Virtual) 7:00PM-7:45PM (Virtual)	6:15AM-6:45AM (Virtual) 6:15PM-7:00PM (Virtual)	12:00PM-12:55PM (Mind And Body) <i>Kelly C.</i>		
LES MILLS SPRINT™ The Studio	12:00PM-12:30PM (Virtual)	6:15AM-6:45AM (Virtual)			7:30AM-8:00AM (Virtual) 1:15PM-1:45PM (Virtual) <i>Lisa S.</i>		
LES MILLS BARRE™ The Studio	6:15PM-6:45PM (Virtual)		12:00PM-12:55PM (Mind And Body) <i>Miki L.</i>				
Circuit Training Main Floor		5:45AM-6:15AM (Group Fitness) <i>Cynthia P.</i>		5:45AM-6:15AM (Group Fitness) <i>Cynthia P.</i>			
LES MILLS CORE™ Main Floor		6:15AM-6:45AM (Group Fitness) <i>Cynthia P.</i>		6:15AM-6:45AM (Group Fitness) <i>Cynthia P.</i>			
LES MILLS CORE™ The Studio		1:00PM-1:30PM (Virtual)		1:00PM-1:30PM (Virtual)	5:00PM-5:30PM (Virtual)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga The Studio		4:15PM-5:10PM (Mind And Body) <i>Caroline F.</i>					
LES MILLS BODYATTACK™ The Studio		4:45PM-5:15PM (Virtual)		7:15PM-7:45PM (Virtual)		7:15AM-8:00AM (Virtual) <i>Lisa S.</i>	
Zumba Meet Outside		6:00PM-7:00PM (Group Fitness) <i>Latesha H.</i>					
LES MILLS GRIT™ Cardio The Studio			5:30AM-6:00AM (Virtual)				



Northwest Hillsborough Family YMCA | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling Cycle Studio	5:30AM-6:25AM (Cycle) <i>Melinda L.</i> 10:30AM-11:25AM (Cycle) <i>Marcia C.</i>	9:15AM-10:10AM (Cycle) <i>Mindy W.</i>	10:30AM-11:25AM (Cycle) <i>Cary S.</i> 5:30PM-6:25PM (Cycle) <i>Marcia C.</i>	9:15AM-10:10AM (Cycle) <i>Melinda L.</i>		8:00AM-8:45AM (Cycle) <i>Lisa N.</i>	
LES MILLS BODYPUMP™ Group Fitness Studio	8:00AM-8:55AM (Group Fitness) <i>Pedro G.</i> 5:30PM-6:25PM (Group Fitness) <i>Pedro G.</i>	5:30PM-6:25PM (Group Fitness) <i>Pedro G.</i>	9:10AM-10:05AM (Group Fitness) <i>Cary S.</i>		9:00AM-9:55AM (Group Fitness) <i>Pedro G.</i>	9:00AM-9:55AM (Group Fitness) <i>Pedro G.</i>	
Aqua Pool	9:00AM-9:55AM (Water Fitness) <i>Elaine C.</i>		9:00AM-9:55AM (Water Fitness) <i>Elaine C.</i>				
LES MILLS BODYCOMBAT™ Group Fitness Studio	9:10AM-10:05AM (Group Fitness) <i>Pedro G.</i>		8:00AM-8:55AM (Group Fitness) <i>Jenn G.</i>				
Yoga Group Fitness Studio	10:20AM-11:15AM (Mind And Body) <i>Elaine C.</i>		10:20AM-11:15AM (Mind And Body) <i>Amy C.</i>	7:30PM-8:25PM (Mind And Body) <i>Elizabeth P.</i>	10:00AM-10:55AM (Mind And Body) <i>Amy C.</i>	10:15AM-11:10AM (Mind And Body) <i>Luiza F.</i>	
SilverSneakers® Circuit Group Fitness Studio	11:30AM-12:25PM (Active Older Adults) <i>Zakeia S.</i>						
Line Dancing Group Fitness Studio	12:30PM-1:25PM (Group Fitness) <i>Zakeia S.</i>						
Zumba Group Fitness Studio	6:30PM-7:25PM (Group Fitness) <i>Michell S.</i>	10:20AM-11:15AM (Group Fitness) <i>Jenny H.</i>	5:30PM-6:25PM (Group Fitness) <i>Michell S.</i>	9:10AM-10:05AM (Group Fitness) <i>Jessica N.</i>			10:30AM-11:25AM (Group Fitness) <i>Mila A.</i>
Circuit Training Group Fitness Studio		8:00AM-8:55AM (Group Fitness) <i>Gabriela F.</i>		6:30PM-7:25PM (Group Fitness) <i>Luiza F.</i>			
AquaBata/HIIT Pool		8:00AM-8:55AM (Water Fitness) <i>Oksana L.</i>		8:00AM-8:55AM (Water Fitness) <i>Kirsty B.</i>			
Pilates Group Fitness Studio		9:10AM-10:05AM (Mind And Body) <i>Wendela J.</i>		8:00AM-8:55AM (Mind And Body) <i>Wendela J.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers® Classic Group Fitness Studio		11:30AM-12:25PM (Active Older Adults) <i>Jenny H.</i>	11:30AM-12:25PM (Active Older Adults) <i>Melinda L.</i>	11:30AM-12:25PM (Active Older Adults) <i>Jessica N.</i>			
SilverSneakers® Yoga Group Fitness Studio		12:30PM-1:25PM (Active Older Adults) <i>Peggy R.</i>					
LES MILLS BODYBALANCE™ Group Fitness Studio		6:30PM-7:25PM (Mind And Body) <i>Pedro G.</i>					
HEAT Gymnasium			8:15AM-9:10AM (Group Fitness) <i>Ami G.</i>				
Silver Sneakers Stability Group Fitness Studio			12:30PM-1:25PM (Active Older Adults) <i>Peggy R.</i>				
Body Sculpt Group Fitness Studio			6:30PM-7:25PM (Group Fitness) <i>Michele W.</i>	10:20AM-11:15AM (Group Fitness) <i>Jessica N.</i>			
Tai Chi Group Fitness Studio			7:30PM-8:25PM (Mind And Body) <i>Russell L.</i>				
Chair Yoga Group Fitness Studio				12:30PM-1:25PM (Active Older Adults) <i>Luiza F.</i>			
Barre Group Fitness Studio				5:30PM-6:25PM (Group Fitness) <i>Luiza F.</i>			
Run Club Meet Outside						8:00AM-9:00AM (General) <i>Luiza F.</i>	
Deep Water Pool						9:00AM-9:55AM (Water Fitness) <i>Oksana L.</i>	



Bob Gilbertson Central City Family YMCA | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling Cycle Studio	6:00AM-6:45AM (Cycle) <i>Rickey K.</i> 10:00AM-10:45AM (Cycle) <i>Andrea B.</i> 6:00PM-6:45PM (Cycle) <i>Cassandra Q.</i>	9:00AM-9:55AM (Cycle) <i>Rickey K.</i> 5:30PM-6:25PM (Cycle) <i>Rickey K.</i>	6:00PM-6:45PM (Cycle) <i>Cassandra Q.</i>	9:00AM-9:55AM (Cycle) <i>Rickey K.</i> 5:30PM-6:25PM (Cycle) <i>Rickey K.</i>	5:30AM-6:15AM (Cycle) <i>Daniella F.</i>		
LES MILLS BODYPUMP™ Group Fitness Studio	9:00AM-9:55AM (Group Fitness) <i>Shannon G.</i>	6:00AM-6:55AM (Group Fitness) <i>Carly B.</i> 5:30PM-6:25PM (Group Fitness) <i>Alli R.</i>	12:00PM-12:55PM (Group Fitness) <i>Alli R.</i>		9:00AM-9:55AM (Group Fitness) <i>Michelle H.</i>	9:00AM-9:55AM (Group Fitness) <i>Rachel M.</i>	
SilverSneakers® Classic Group Fitness Studio	10:15AM-11:10AM (Active Older Adults) <i>Cira R.</i>	10:15AM-11:10AM (Active Older Adults) <i>Thomas L.</i>	10:15AM-11:10AM (Active Older Adults) <i>Cira R.</i>		10:15AM-11:10AM (Active Older Adults) <i>Cira R.</i>		
Gentle Yoga Mind Body Studio	11:15AM-12:10PM (Mind And Body) <i>Cindy G.</i>		10:00AM-10:55AM (Mind And Body) <i>Evelyn G.</i>				
LES MILLS BODYCOMBAT™ Group Fitness Studio	6:30PM-7:25PM (Group Fitness) <i>Jessica B.</i>	9:00AM-9:55AM (Group Fitness) <i>Maria F.</i>	6:30PM-7:25PM (Group Fitness) <i>Fred P.</i>	9:00AM-9:55AM (Group Fitness) <i>Maria F.</i>		10:15AM-11:10AM (Group Fitness) <i>Lacey B.</i>	
Water Fitness Pool		8:45AM-9:40AM (Water Fitness) <i>Cira R.</i>		8:45AM-9:40AM (Water Fitness) <i>Cira R.</i>			
LES MILLS BODYBALANCE™ Mind Body Studio		10:00AM-10:55AM (Mind And Body) <i>Maria F.</i>	11:10AM-12:05PM (Mind And Body) <i>Michelle H.</i>	10:00AM-10:55AM (Mind And Body) <i>Maria F.</i>			12:30PM-1:25PM (Mind And Body) <i>Michelle H.</i>
Yoga Mind Body Studio		11:30AM-12:15PM (Mind And Body) <i>Lisa W.</i>			10:15AM-11:10AM (Mind And Body) <i>Lisa W.</i>		
Strength Training Group Fitness Studio			9:00AM-9:55AM (General) <i>Pedro G.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Power Yoga Mind Body Studio			5:30PM-6:25PM (Mind And Body) <i>Paula L.</i>				
SilverSneakers® Yoga Group Fitness Studio				10:15AM-11:10AM (Active Older Adults) <i>Cira R.</i>			
Pilates Mind Body Studio				5:30PM-6:25PM (Mind And Body) <i>Vilmarie A.</i>			
Zumba Group Fitness Studio				6:30PM-7:25PM (Group Fitness) <i>Vilmarie A.</i>		11:30AM-12:25PM (Group Fitness) <i>Latesha H.</i>	
Rhythm Ride Cycle Studio					10:00AM-10:45AM (Cycle) <i>Shema M.</i>	10:15AM-11:00AM (Cycle) <i>Shema M.</i>	
LES MILLS SPRINT™ Cycle Studio							10:15AM-10:45AM (Cycle) <i>Rachel M.</i>



East Pasco Family YMCA | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Group Fitness Studio	7:00AM-7:45AM (Mind And Body) <i>Nicci T.</i> 6:00PM-6:45PM (Mind And Body) <i>Rebecca N.</i>	8:00AM-8:45AM (Mind And Body) <i>Nicci T.</i>	6:00PM-6:45PM (Mind And Body) <i>Rebecca N.</i>			11:00AM-11:45AM (Mind And Body) <i>Georgina R.</i>	
Stick Mobility® Group Fitness Studio	8:00AM-8:45AM (Group Fitness) <i>Ed R.</i>		8:00AM-8:45AM (Group Fitness) <i>Ed R.</i>				
Circuit Training Group Fitness Studio	9:00AM-9:45AM (Group Fitness) <i>Ashley T.</i>		9:00AM-9:45AM (Group Fitness) <i>Ashley T.</i>				
Aqua Pool	9:30AM-10:15AM (Water Fitness) <i>Ed R.</i>	9:30AM-10:15AM (Water Fitness) <i>Ed R.</i>	9:30AM-10:15AM (Water Fitness) <i>Ed R.</i>	9:30AM-10:15AM (Water Fitness) <i>Ed R.</i>			
Zumba Group Fitness Studio	10:00AM-10:45AM (Group Fitness) <i>Georgina R.</i>	5:00PM-5:45PM (Group Fitness) <i>Kenya C.</i>	7:00PM-7:45PM (Group Fitness) <i>Julia T.</i>				
SilverSneakers® Classic Gymnasium	11:00AM-11:50AM (Active Older Adults) <i>Kim W.</i>	11:00AM-11:50AM (Active Older Adults) <i>Mark S.</i>	11:00AM-11:50AM (Active Older Adults) <i>Ed R.</i>	11:00AM-11:50AM (Active Older Adults) <i>Christine S.</i>			
Core & More Group Fitness Studio	11:00AM-11:45AM (Group Fitness) <i>Ed R.</i>		10:00AM-10:45AM (Group Fitness) <i>Kim W.</i>				
SilverSneakers® BOOM Muscle Group Fitness Studio	2:00PM-2:45PM (Active Older Adults) <i>Patrick V.</i>		2:00PM-2:45PM (Active Older Adults) <i>Patrick V.</i>				
LES MILLS BODYPUMP™ Group Fitness Studio	5:00PM-5:55PM (Group Fitness) <i>Rebecca N.</i>	9:00AM-9:45AM (Group Fitness) <i>Mark S.</i>	5:00PM-5:55PM (Group Fitness) <i>Rebecca N.</i>				
Cycling Group Fitness Studio		7:00AM-7:45AM (Cycle) <i>Ed R.</i>		7:00AM-7:45AM (Cycle) <i>Ed R.</i>			
Stretch Group Fitness Studio		10:00AM-10:45AM (Mind And Body) <i>Mark S.</i>	11:00AM-11:45AM (Mind And Body) <i>Kim W.</i>	10:00AM-10:45AM (Mind And Body) <i>Christine S.</i>			
LES MILLS SPRINT™ Group Fitness Studio		11:00AM-11:45AM (Cycle) <i>Ed R.</i>		11:00AM-11:45AM (Cycle) <i>Ed R.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Group Fitness Studio		6:00PM-6:45PM (Mind And Body) <i>Kenya C.</i>					
Tai Chi Group Fitness Studio			7:00AM-7:45AM (Mind And Body) <i>Ed R.</i>				
Body Sculpt Group Fitness Studio				9:00AM-9:50AM (Group Fitness) <i>Christine S.</i>			
Chair Yoga Group Fitness Studio				12:00PM-12:45PM (Active Older Adults) <i>Christine S.</i>			



West Park Village YMCA Express | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body Sculpt Group Fitness Studio	8:00AM-8:55AM (Group Fitness) <i>Gabriela F.</i> 9:10AM-10:05AM (Group Fitness) <i>Melinda L.</i>						
Pilates Group Fitness Studio	10:20AM-11:15AM (Mind And Body) <i>Wendela J.</i>						
LES MILLS BODYPUMP™ Group Fitness Studio	12:00PM-12:45PM (Virtual)	5:30AM-6:25AM (Virtual) 9:10AM-10:05AM (Group Fitness) <i>Cary S.</i>	12:00PM-12:45PM (Virtual)	5:30AM-6:25AM (Virtual) 10:20AM-11:15AM (Group Fitness) <i>Pedro G.</i> 5:30PM-6:25PM (Virtual)	12:00PM-1:00PM (Virtual)		
LES MILLS CORE™ Group Fitness Studio	4:30PM-5:00PM (Virtual)	6:30PM-7:00PM (Virtual)	4:30PM-5:00PM (Virtual)				
LES MILLS BODYCOMBAT™ Group Fitness Studio	6:35PM-7:35PM (Virtual)	5:30PM-6:30PM (Virtual)		8:00AM-8:55AM (Group Fitness) <i>Shawn B.</i>			9:30AM-10:30AM (Virtual)
Yoga Group Fitness Studio		8:00AM-8:55AM (Mind And Body) <i>Susan R.</i>		9:10AM-10:05AM (Mind And Body) <i>Michell S.</i>			8:15AM-9:10AM (Mind And Body) <i>Amy C.</i>
Core & More Group Fitness Studio		10:20AM-11:15AM (Group Fitness) <i>Cary S.</i>	8:00AM-8:55AM (Group Fitness) <i>Amy C.</i>				
LES MILLS GRIT™ Strength Group Fitness Studio		12:30PM-1:00PM (Virtual)					
Boot Camp Group Fitness Studio			5:30AM-6:25AM (Group Fitness) <i>Melinda L.</i>				
Dance Fusion Group Fitness Studio			9:10AM-10:05AM (Group Fitness) <i>Peggy R.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga - Foam Roller Group Fitness Studio			10:20AM-11:15AM (Mind And Body) <i>Elaine C.</i>				
Meditation 101 Group Fitness Studio			11:20AM-11:50AM (Mind And Body) <i>Elaine C.</i>				
LES MILLS GRIT™ Cardio Group Fitness Studio				12:30PM-1:00PM (Virtual)			
LES MILLS BODYBALANCE™ Group Fitness Studio					5:30PM-6:15PM (Virtual)		
Step Circuit Group Fitness Studio						9:00AM-9:55AM (Group Fitness) <i>Gabriela F.</i>	