



Campo Family YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 1 Lane Pool					9:00AM-11:30PM (Lap Swim)		
Open Gym Gymnasium - Court A & B						7:00AM-8:30AM (Gym Schedule) 11:30AM-6:00PM (Gym Schedule)	8:00AM-2:00PM (Gym Schedule) 4:00PM-6:00PM (Gym Schedule)
LES MILLS SPRINT™ Cycle Studio						7:30AM-8:00AM (Cycle) <i>Destiny C.</i>	
Lap Swim 8 Lanes Pool						7:30AM-9:00AM (Lap Swim) 11:30AM-4:30PM (Lap Swim) 4:30PM-5:30PM (Lap Swim)	8:30AM-10:00AM (Lap Swim) 12:00PM-5:30PM (Lap Swim)
Stay and Play GTE Youth Zone						8:00AM-12:00PM (Stay And Play)	12:00PM-4:00PM (Stay And Play)
Stay and Play Stay and Play						8:00AM-12:00PM (Stay And Play)	12:00PM-4:00PM (Stay And Play)
LES MILLS RPM™ Cycle Studio						8:10AM-8:55AM (Cycle) <i>Michele C.</i>	
LES MILLS BODYATTACK™ Main Studio						8:15AM-8:55AM (Group Fitness) <i>Destiny C.</i>	
Yoga KFC						8:30AM-9:25AM (Mind And Body) <i>Sue M.</i>	
Open Gym-Volleyball Court B						8:30AM-11:30AM (Gym Schedule)	
Open Gym-Basketball Court A						8:30AM-11:30AM (Gym Schedule)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYPUMP™ Main Studio						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>Carlos M.</i>
Aqua Pool						9:00AM-9:55AM (Water Fitness) <i>Marie P.</i>	
Lap Swim 3 Lanes Pool						9:00AM-11:30AM (Lap Swim)	
LES MILLS BODYCOMBAT™ Main Studio						10:00AM-10:55AM (Group Fitness) <i>Destiny C.</i>	1:00PM-1:55PM (Group Fitness) <i>Destiny C.</i>
Zumba Main Studio						11:00AM-11:55AM (Group Fitness) <i>Sonya K.</i>	
LES MILLS BODYBALANCE™ KFC						11:00AM-11:55AM (Mind And Body) <i>Tabitha D.</i>	3:00PM-3:55PM (Mind And Body) <i>Maria F.</i>
Lap Swim 6 Lanes Pool							10:00AM-12:00PM (Lap Swim)
LES MILLS CORE™ Main Studio							12:30PM-12:55PM (Group Fitness) <i>Linda W.</i>
YMCA Program Court B							2:00PM-4:00PM (Gym Schedule)
Open Gym Court A							2:00PM-4:00PM (Gym Schedule)



South Tampa Family YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Court 2A						7:00AM-8:00AM (Gym Schedule) 7:00AM-8:00AM (Gym Schedule)	9:00AM-12:00PM (Gym Schedule) 4:00PM-5:00PM (Gym Schedule)
Open Gym Court 2B						7:00AM-8:00AM (Gym Schedule)	9:00AM-12:00PM (Gym Schedule) 4:00PM-5:00PM (Gym Schedule)
Open Gym Court 1A						7:00AM-8:00AM (Gym Schedule)	10:00AM-4:00PM (Gym Schedule) 4:00PM-5:00PM (Gym Schedule)
Open Gym Court 1B						7:00AM-8:00AM (Gym Schedule)	10:00AM-12:00PM (Gym Schedule) 4:00PM-5:00PM (Gym Schedule)
LES MILLS SPRINT™ Cycle Studio						7:30AM-8:00AM (Cycle) <i>Natalie B.</i>	
LES MILLS BODYPUMP™ Studio B						8:00AM-8:55AM (Group Fitness) <i>Marissa J.</i> 11:00AM-11:55AM (Group Fitness) <i>Markita R.</i>	9:45AM-10:45AM (Group Fitness) <i>Janine M.</i>
Zumba Studio A						8:00AM-8:55AM (Group Fitness) <i>Susan Z.</i> 10:25AM-11:15AM (Group Fitness) <i>Vilmarie A.</i>	
YMCA Program Court 2B						8:00AM-6:00PM (Gym Schedule)	
YMCA Program Court 1A						8:00AM-6:00PM (Gym Schedule)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YMCA Program Court 2A						8:00AM-6:00PM (Gym Schedule)	
YMCA Program Court 1B						8:00AM-6:00PM (Gym Schedule)	
LES MILLS BODYBALANCE™ Studio A						9:15AM-10:10AM (Mind And Body) <i>Michelle H.</i>	12:15PM-1:10PM (Mind And Body) <i>Holly M.</i>
Cycling Cycle Studio						9:15AM-10:15AM (Cycle) <i>Alan D.</i>	11:15AM-12:00PM (Cycle) <i>Kathy H.</i>
LES MILLS BODYATTACK™ Studio B						9:15AM-10:10AM (Group Fitness) <i>Andres C.</i>	
LES MILLS CORE™ Studio B						10:20AM-10:50AM (Group Fitness) <i>Andres C.</i>	
Pilates Studio A						11:30AM-12:15PM (Mind And Body) <i>Vilmarie A.</i>	
Open Gym-Adult Basketball Court 1A							8:00AM-10:00AM (Gym Schedule)
Open Gym-Adult Basketball Court 2B							8:00AM-9:00AM (Gym Schedule)
Open Gym-Adult Basketball Court 2A							8:00AM-9:00AM (Gym Schedule)
Open Gym-Adult Basketball Court 1B							8:00AM-10:00AM (Gym Schedule)
LES MILLS BODYSTEP™ Studio B							11:00AM-11:55AM (Group Fitness) <i>Holly M.</i>
Open Gym-Pickleball Court 1B							12:00PM-4:00PM (Gym Schedule)
Open Gym-Pickleball Court 2A							12:00PM-4:00PM (Gym Schedule)
Open Gym-Pickleball Court 2B							12:00PM-4:00PM (Gym Schedule)
The Challenge Studio B							4:30PM-6:00PM (Group Fitness) <i>MYRNA H.</i>



Spurlino Family YMCA at Big Bend Road | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym-Adult Basketball North Court 1						7:00AM-8:00AM (Gym Schedule)	8:00AM-12:00PM (Gym Schedule)
Open Gym-Adult Basketball North Court 2						7:00AM-8:00AM (Gym Schedule)	8:00AM-12:00PM (Gym Schedule)
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)	
Open Swim Entire Pool Lap Pool						7:30AM-6:00PM (Open Swim)	8:00AM-5:00PM (Open Swim)
Stay and Play Stay & Play						8:00AM-1:00PM (Stay And Play)	10:00AM-2:00PM (Stay And Play)
YMCA Program North Court 1						8:00AM-7:00PM (Gym Schedule) 4:30PM-6:00PM (Gym Schedule)	1:00PM-3:00PM (Gym Schedule)
YMCA Program North Court 2						8:00AM-7:00PM (Gym Schedule)	1:00PM-3:00PM (Gym Schedule)
YMCA Program South Court 3						8:00AM-7:00PM (Gym Schedule)	
Open Gym South Court 4						8:00AM-7:00PM (Gym Schedule)	
LES MILLS SPRINT™ Cycle Studio						8:05AM-8:35AM (Cycle) <i>Stacey U.</i>	
Zumba Group Fitness Studio						8:30AM-9:25AM (Group Fitness) <i>Sonya K.</i>	
HIIT Terrace						8:45AM-9:30AM (Group Fitness) <i>Maribel D.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS RPM™ Cycle Studio						8:45AM-9:30AM (Cycle) <i>Stacey U.</i>	
Stretch Mind Body Studio						9:00AM-9:55AM (Mind And Body) <i>Angela E.</i>	11:10AM-12:15PM (Mind And Body) <i>Kristine H.</i>
YMCA Program Airnasium						9:30AM-11:30AM (Airnasium Schedule)	
LES MILLS BODYPUMP™ Group Fitness Studio						9:40AM-10:35AM (Group Fitness) <i>Gigi G.</i>	11:20AM-12:15PM (Group Fitness) <i>Destiny C.</i>
LES MILLS BODYBALANCE™ Mind Body Studio						10:15AM-11:10AM (Mind And Body) <i>Mechelle L.</i>	10:00AM-10:55AM (Mind And Body) <i>Amber R.</i>
LES MILLS CORE™ Group Fitness Studio						10:45AM-11:15AM (Group Fitness) <i>Amber R.</i>	
Open Swim Entire Pool Slide						11:00AM-3:00PM (Open Swim)	11:00AM-3:00PM (Open Swim)
Open Swim Entire Pool Splash Pool						11:00AM-5:30PM (Open Swim)	11:00AM-4:30PM (Open Swim)
Barre Mind Body Studio						11:30AM-12:25PM (Group Fitness) <i>Mechelle L.</i>	
Open Swim Entire Pool Warm Water Therapy						1:00PM-5:30PM (Open Swim)	1:00PM-4:30PM (Open Swim)
Open Gym North Court 2						4:30PM-6:00PM (Gym Schedule)	12:00PM-1:00PM (Gym Schedule)
YMCA Program South Court 4						8:00PM-4:00PM (Gym Schedule)	
Open Gym-Basketball South Court 3							8:00AM-10:00AM (Gym Schedule)
Open Gym-Basketball South Court 4							8:00AM-10:00AM (Gym Schedule) 12:00PM-3:00PM (Gym Schedule)
Open Gym-Basketball Airnasium							8:00AM-12:00PM (Airnasium Schedule)
Open Gym-Volleyball South Court 4							10:00AM-12:00PM (Gym Schedule) 3:00PM-6:00PM (Gym Schedule)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym-Volleyball South Court 3							10:00AM-12:00PM (Gym Schedule) 3:00PM-6:00PM (Gym Schedule)
LES MILLS BODYCOMBAT™ Group Fitness Studio							10:15AM-11:10AM (Group Fitness) <i>Destiny C.</i>
Open Gym North Court 1							12:00PM-1:00PM (Gym Schedule)
Open Gym South Court 3							12:00PM-3:00PM (Gym Schedule)
Family Yoga Mind Body Studio							12:15PM-1:10PM (Mind And Body) <i>Tatiana L.</i>
Xtreme Hip Hop Step Group Fitness Studio							1:00PM-1:55PM (Group Fitness) <i>Crystal B.</i>
Open Gym-Basketball North Court 2							3:00PM-6:00PM (Gym Schedule)
Open Gym-Basketball North Court 1							3:00PM-6:00PM (Gym Schedule)



New Tampa Family YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Yellow Hoop (Court 2)						7:00AM-8:45AM (Gym Schedule)	1:00PM-4:30PM (Gym Schedule)
Open Gym Red Hoop (Court 1)						7:00AM-8:45AM (Gym Schedule)	10:00AM-4:30PM (Gym Schedule)
Open Gym Green Hoop (Court 1)						7:00AM-8:45AM (Gym Schedule)	10:00AM-4:30PM (Gym Schedule)
Open Gym-Badminton Blue Hoop (Court 2)						7:00AM-8:45AM (Gym Schedule)	10:00AM-1:00PM (Gym Schedule)
Open Swim Entire Pool Pool						7:00AM-2:00PM (Open Swim)	
Stay and Play Stay & Play						8:00AM-12:00PM (Stay And Play)	1:00PM-4:30PM (Stay And Play)
LES MILLS RPM™ Cycle Studio						8:30AM-9:30AM (Cycle) <i>Kelly C.</i>	
LES MILLS BODYCOMBAT™ Studio A						8:30AM-9:30AM (Group Fitness) <i>Pedro G.</i>	
Stay and Play Youth Zone						8:30AM-12:00PM (Stay And Play)	1:00PM-4:30PM (Stay And Play)
YMCA Program Green Hoop (Court 1)						8:45AM-6:00PM (Gym Schedule)	
YMCA Program Blue Hoop (Court 2)						8:45AM-6:00PM (Gym Schedule)	
YMCA Program Red Hoop (Court 1)						8:45AM-6:00PM (Gym Schedule)	
YMCA Program Yellow Hoop (Court 2)						8:45AM-6:00PM (Gym Schedule)	
LES MILLS BODYPUMP™ Studio A						9:45AM-10:45AM (Group Fitness) <i>Kelly C.</i>	2:00PM-3:00PM (Group Fitness) <i>Nicole W.</i>
Yoga Studio B						9:45AM-10:45AM (Mind And Body) <i>Pegah K.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS CORE™ Studio A						11:00AM-11:30AM (Group Fitness) <i>Kelly C.</i>	
Lap Swim 8 Lanes Pool						2:30PM-5:30PM (Lap Swim)	10:30AM-4:00PM (Lap Swim)
Open Gym-Badminton Yellow Hoop (Court 2)							10:00AM-1:00PM (Gym Schedule)
Open Gym Blue Hoop (Court 2)							1:00PM-4:30PM (Gym Schedule)
Yoga Studio A							3:15PM-4:15PM (Mind And Body) <i>Valerie W.</i>



Bob Sierra Family YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YMCA Program Courts 1 & 2						7:00AM-2:00PM (Gym Schedule)	
Yoga Mind Body Studio						7:15AM-8:30AM (Mind And Body) <i>Agnes V.</i>	
Lap Swim 6 Lanes Pool						7:30AM-9:00AM (Lap Swim) 11:30AM-4:00PM (Lap Swim) 11:30PM-4:00PM (Lap Swim)	10:30AM-4:00PM (Lap Swim)
LES MILLS BODYPUMP™ Group Ex Room						8:00AM-8:55AM (Group Fitness) <i>Michelle H.</i>	
Stay and Play Stay and Play						8:00AM-12:00PM (Stay And Play)	11:00AM-2:00PM (Stay And Play)
Cycling Cycle Studio						8:30AM-9:25AM (Cycle) <i>Theresa G.</i> 9:30AM-10:25AM (Cycle) <i>Jenn G.</i>	1:00PM-2:00PM (Cycle) <i>Paul C.</i>
Aqua Zumba® Pool						9:00AM-10:00AM (Water Fitness) <i>Kaitlin L.</i>	
Pilates Mind Body Studio						9:00AM-9:55AM (Mind And Body) <i>Miko H.</i>	
Lap Swim 4 Lanes Pool						9:00AM-11:30AM (Lap Swim)	
Total Body Conditioning Group Ex Room						9:00AM-9:45AM (General) <i>Sue R.</i>	
LES MILLS BODYBALANCE™ Group Ex Room						10:00AM-10:55AM (Mind And Body) <i>Sue R.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Group Ex Room						11:00AM-11:55AM (Group Fitness) <i>Katryna L.</i>	
Open Swim 2 Lanes Pool						11:30AM-4:00PM (Open Swim)	10:30AM-4:00PM (Open Swim)
Open Gym Courts 1 & 2						2:00PM-5:30PM (Gym Schedule)	10:00AM-4:30PM (Gym Schedule)
LES MILLS BODYCOMBAT™ Group Ex Room							11:00AM-11:55AM (Group Fitness) <i>Jenn G.</i>
Yoga Group Ex Room							12:15PM-1:10PM (Mind And Body) <i>Tanya G.</i>



North Brandon Family YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Basketball Full Court						7:00AM-9:00AM (Gym Schedule) 1:30PM-5:55PM (Gym Schedule)	10:00AM-2:30PM (Gym Schedule) 4:30PM-4:55PM (Gym Schedule)
Stay and Play Stay and Play						8:00AM-12:00PM (Stay And Play)	
Stay and Play Youth Zone						8:00AM-12:00PM (Stay And Play)	
LES MILLS BODYBALANCE™ Group Ex Room						8:00AM-9:00AM (Mind And Body) <i>Jen B.</i>	
Open Swim 6 Lanes Pool						8:00AM-11:00AM (Open Swim) 12:00PM-4:00PM (Open Swim)	
Cycling Cycle Studio						8:00AM-8:45AM (Cycle) <i>Jammye M.</i>	
YMCA Program Basketball Full Court						9:00AM-1:30PM (Gym Schedule)	
LES MILLS BODYPUMP™ Group Ex Room						9:15AM-10:15AM (Group Fitness) <i>Jen B.</i>	
Barre Group Ex Room						10:30AM-11:30AM (Group Fitness) <i>Gail M.</i>	
Open Swim 4 Lanes Pool						11:00AM-12:00PM (Open Swim)	
Open Swim Entire Pool Pool							11:00AM-4:00PM (Open Swim)
Warrior Rhythm Group Ex Room							1:00PM-2:00PM (Mind And Body) <i>Marie P.</i>
Open Gym-Basketball Basketball Court 1							2:30PM-4:30PM (Gym Schedule)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym-Pickleball Basketball Court 2							2:30PM-4:30PM (Gym Schedule)



Downtown YMCA Wellness Center | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYATTACK™ The Studio						7:15AM-8:00AM (Virtual) <i>Lisa S.</i>	
LES MILLS BODYPUMP™ The Studio						8:15AM-9:10AM (Virtual)	



Plant City Family YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 4 Lanes Pool						8:00AM-9:00AM (Lap Swim)	11:00AM-12:00PM (Lap Swim) 12:00PM-4:00PM (Lap Swim)
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>	
LES MILLS BODYPUMP™ Max Results Room						9:00AM-9:55AM (Group Fitness) <i>Laura F.</i>	
Stay and Play Stay and Play						9:00AM-12:00PM (Stay And Play)	11:00AM-2:00PM (Stay And Play)
Lap Swim 2 Lanes Pool						9:00AM-10:00AM (Lap Swim)	
AquaBata/HIIT Pool						10:00AM-10:55AM (Water Fitness) <i>Ilia B.</i>	
Zumba Group Ex Room						10:00AM-10:55AM (Group Fitness) <i>Anay D.</i>	
Lap Swim 1 Lane Pool						10:00AM-12:00PM (Lap Swim)	
Lap Swim 3 Lanes Pool						12:00PM-4:00PM (Lap Swim)	
Open Gym Gymnasium - Court A & B						2:00PM-5:00PM (Gym Schedule)	
Open Gym-Pickleball Gymnasium - Court A							10:00AM-12:00PM (Gym Schedule)
Open Gym Gymnasium - Court B							12:00PM-5:00PM (Gym Schedule)



Northwest Hillsborough Family YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run Club Meet Outside						8:00AM-9:00AM (General) <i>Luiza F.</i>	
Cycling Cycle Studio						8:00AM-8:45AM (Cycle) <i>Lisa N.</i>	
LES MILLS BODYPUMP™ Group Fitness Studio						9:00AM-9:55AM (Group Fitness) <i>Annette B.</i>	
Deep Water Pool						9:00AM-9:55AM (Water Fitness) <i>Oksana L.</i>	
Yoga Group Fitness Studio						10:15AM-11:10AM (Mind And Body) <i>Elizabeth P.</i>	
Zumba Group Fitness Studio							10:30AM-11:25AM (Group Fitness) <i>Mila A.</i>



Bob Gilbertson Central City Family YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYPUMP™ Group Fitness Studio						9:00AM-9:55AM (Group Fitness) <i>Rachel M.</i>	
Cycling Cycle Studio						9:00AM-9:55AM (Cycle) <i>Cassandra Q.</i>	
LES MILLS BODYCOMBAT™ Group Fitness Studio						10:15AM-11:10AM (Group Fitness) <i>Lacey B.</i>	
Rhythm Ride Cycle Studio						10:15AM-11:00AM (Cycle) <i>Andrea B.</i>	
Zumba Group Fitness Studio						11:30AM-12:25PM (Group Fitness) <i>Latesha H.</i>	
LES MILLS SPRINT™ Cycle Studio							10:15AM-10:45AM (Cycle) <i>Rachel M.</i>
LES MILLS BODYBALANCE™ Mind Body Studio							12:30PM-1:25PM (Mind And Body) <i>Michelle H.</i>



West Park Village YMCA Express | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step Circuit Group Fitness Studio						9:00AM-9:55AM (Group Fitness) Gabriela F.	
Yoga Group Fitness Studio							8:15AM-9:10AM (Mind And Body) Michell S.



East Pasco Family YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYPUMP™ Group Fitness Studio						9:00AM-9:55AM (Group Fitness) <i>Mark S.</i>	
HIIT Group Fitness Studio						10:00AM-10:45AM (Group Fitness) <i>Mark S.</i>	
Yoga Group Fitness Studio						11:00AM-11:45AM (Mind And Body) <i>Georgina R.</i>	