



GROUP EXERCISE SCHEDULE

**Lawrence YMCA
2018**

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

<u>Day</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Room</u>
Monday	5:30pm - 6:30pm	Reserved	Syncro	Studio 1 & 3
Tuesday	6:15am - 7:00am 7:00am - 7:45am 9:00am - 10:00am	BodyATTACK BodyPUMP Yoga	Marilia Marilia Rafi	New Room New Room Studio 1
Wednesday	5:30pm - 6:30pm 6:00pm - 7:00pm	Reserved Boot Camp	Syncro Jannette	Studio 1 & 3 New Room
Thursday	6:15am - 7:00am 7:00am - 7:45am 6:15pm - 7:15pm	BodyPUMP BodyATTACK Zumba	Marilia Marilia Katie	New Room New Room Studio 3
Friday	5:30pm - 6:30pm	Reserved	Syncro	Studio 1 & 3
Saturday	9:00am - 10:00am 12:00pm - 1:00pm 12:00pm - 2:00pm	Yoga Yoga Reserved	Rafi Rafi Syncro	Studio 1 Studio 1 Studio 3
Sunday	TBA	TBA	TBA	TBA