



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 | Synchro | 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 | Synchro 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 | Synchro | Studio 1 & 3 |
| Saturday | 9:00am - 10:00am 12:00pm - 1:00pm 12:00pm - 2:00pm | Yoga Yoga Reserved | Rafi Rafi Synchro | Studio 1 Studio 1 Studio 3 |
| Sunday | TBA | TBA | TBA | TBA |