



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

LAWRENCE Y GROUP EXERCISE SCHEDULE
Fall Session 1 Sept 11th- October 29th

Studio #1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	School Enrichment Program 8a-11:30a	Yoga 9a-10a (Rafael)	School Enrichment Program 8a-11:30a	School Enrichment Program 8a-11a	School Enrichment Program 8a-11:30a	Yoga 9am-10am (Rafael)
	Syncro Dry Land Practice 5:30p-6:30p		School Enrichment Program 12p-2:45p			Yoga 12p-1p (Rafael)
			Syncro Dry Land Practice 5:30p-6:30p		Syncro Dry Land Practice 5:30p-6:30p	

Studio #3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	School Enrichment Program 8a-11:30a	School Enrichment Program 8a-11a	School Enrichment Program 8a-11:30a	School Enrichment Program 8a-11a	School Enrichment Program 8a-11:30a	
		School Enrichment Program 3:15p-4:40p	School Enrichment Program 12p-2:45p			Syncro Dry Land Practice 12p-2p
		Zumba 6:15p-7:15p	Urban Dance 6:30p-8p (Deborah)	School Enrichment Program 3:15p-4:40p		
				Zumba 6:15p-7:15p		