



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAWRENCE Y GROUP EXERCISE SCHEDULE

SPRING SESSION

EFFECTIVE: MARCH 6TH – APRIL 15TH, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Reserved 1-3PM (ANNA)	30 min Circuit (Studio 1 or 3) 12:00-12:30pm 8:30am-1:00pm Enrichment (Studio 3)	8:00-11:00am Enrichment (Studio 3) 9:00-10:00am Yoga (Studio 1)	30 min Circuit 12:00-12:30pm (Studio 1 or 3) 8:30am-11:15am Enrichment (studio 1 & 3) 12:00-3:00pm Enrichment (Studio 1 & 3)	8:00am-11:00am Enrichment (Studio 1 & 3)	30 min Circuit 12:00-12:30pm (Studio 1 or 3) 8:00am-11:15am Enrichment (Studio 1 & 3)	Yoga (2 Classes) 9:00-10:00am Rafael 1(Studio 1) 12:00-1:00pm Rafael 1(Studio 1)
		Esperanza 3pm-5pm Private Rental (Studio 3)	Modern Dance (LCA) 4:00-6:00pm (Studio 3)	Esperanza 3pm-5pm Private Rental (Studio 3)		12:00pm-3:00pm Synchro (Studio 3)
	5:30pm-6:30pm Synchro (Studio 1) 5:15pm-6:15pm Urban Dance (Studio 3) 6:30pm-7:30pm Boot Camp (Studio 3)(Miguel)	5:00pm-5:30pm Swim Team (Studio 1) 6:15pm-7:15pm Zumba (Studio 3)	5:30pm-6:30pm Synchro (Studio 1) 5:15pm-6:15pm Urban Dance (Studio 3) 6:30-7:30pm Boot Camp (Studio 3)(Miguel)	5:00pm-5:30pm Swim Team (Studio 1)	5:30pm-6:30pm Synchro (Studio 1) 6:30-7:30pm Boot Camp (Studio 3)(Miguel)	