

# GROUP EXERCISE SCHEDULE

## STUDIO A & B

Winter 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:30 am</b> Bootcamp Studio A	<b>5:30 am</b> Body Pump Studio A	<b>5:30 am</b>	<b>5:30 am</b> Body Pump Studio A	<b>5:30 am</b> Core Strength Studio A	
Cycling Studio B		Cycling Studio B		Cycling Studio B	
<b>8:30 am</b> HIIT Studio A	<b>8:30 am</b> Body Pump Studio A	<b>8:30 am</b> TurboKick Studio A	<b>8:30 am</b> Body Pump Studio A	<b>8:30 am</b> HIIT Studio A	<b>8:30 am</b> Body Pump Studio A
Yoga Studio B	Cycling Studio B	PIYo Studio B	Beginner Yoga Studio B	PIYo Studio B	
<b>9:30 am</b> TurboKick Studio A	<b>9:30 am</b> Cardio 101 Studio A	<b>9:30 am</b> Body Pump Studio A	<b>9:30 am</b> Cardio Dance Party Studio A	<b>9:30 am</b> Body Pump Studio A	<b>9:30am</b> Family Yoga Studio B
<b>9:45 am</b> Silver Sneakers Classic Studio B	<b>9:45 am</b> Silver Sneakers Yoga Studio B	<b>9:45 am</b> Silver Sneakers Classic Studio B	<b>9:45 am</b> Sivers Sneakers Circuit Studio B	<b>9:45 am</b> Silver Sneakers Classic Studio B	
<b>12:15 pm</b> Body Pump Studio A (30 min)	<b>12:15 pm</b> Cycle Express Studio B (30 min)		<b>12:15 pm</b> Cycle Express Studio B (30 min)	<b>12:15 pm</b> Body Pump Studio A (30 min)	
<b>4:30 pm</b> HIIT Studio A	<b>4:30 pm</b> TurboKick Studio A	<b>4:30 pm</b> HIIT Studio A	<b>4:30 pm</b> Body Pump Studio A		
<b>5:30 pm</b> Total Body Strength Studio A	<b>5:30 pm</b> Core de Force Studio A	<b>5:30 pm</b> Total Body Strength Studio A	<b>5:30 pm</b> TurboKick Studio A		
Cycling Studio B	Yoga Studio B	Cycling Studio B	Yoga Studio B		
<b>6:30 pm</b>	<b>6:30 pm</b> Body Pump Studio A	<b>6:30 pm</b>			
Core Strength Studio B		Core Strength Studio B			

### Denny Price Family YMCA

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