

# GROUP EXERCISE SCHEDULE

## STUDIO A & B

Winter 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:30 am</b> RPM Studio B	<b>5:30 am</b> Body Pump Studio A	<b>5:30 am</b> RPM Studio B	<b>5:30 am</b> Body Pump Studio A	<b>5:30 am</b> TRX TRX Room	
<b>8:30 am</b> HIIT 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	<b>8:30 am</b> HIIT Studio A	<b>8:30 am</b> Body Pump Studio A
Yoga Studio B		Beyond Barre Studio B	Yoga Studio B		
		<b>9:00 am</b> Aqua Cardio <b>Pool</b>		<b>9:00 am</b> Aqua Cardio <b>Pool</b>	
<b>9:30 am</b> RPM Studio B (30 min)	<b>9:30 am</b> Cardio Dance Studio A	<b>9:30 am</b> RPM Studio B (30 min)	<b>9:30 am</b> Cardio Dance Studio A	<b>9:30 am</b> RPM Studio B (30 min)	
	<b>10:30 am</b> Silver Sneakers Classic Studio B		<b>10:30 am</b> Silver Sneakers Classic Studio B		
<b>12:15 pm</b> Body Pump Studio A (30 min)				<b>12:15 pm</b> Body Pump Studio A (30 min)	
<b>4:30 pm</b> Beyond Barre Studio B	<b>4:30 pm</b> HIIT Studio A	<b>4:30 pm</b> RPM Studio B	<b>4:30 pm</b> Body Pump Studio A		
<b>5:30 pm</b> Body Pump Studio A	<b>5:30 pm</b> Yoga Studio B	<b>5:30 pm</b> Body Pump Studio A	<b>5:30 pm</b> Yoga Studio B		
TRX TRX Room					
<b>6:00 pm</b> Aqua Cardio <b>Pool</b>		<b>6:00</b> Aqua Cardio <b>Pool</b>			

### Denny Price Family YMCA

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