



Group Fitness Schedule

FITNESS AREA						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				All Drills Ride 7:00AM - 7:45AM Eduardo Cycle Studio		
	TRX Circuit 7:30AM - 8:25AM Heidi Mezzanine	Spin & Sculpt 7:30AM - 8:25AM Eduardo Cycle Studio		Tabata 8:00AM - 8:55AM Eduardo Studio 2	Barre Boot Camp 7:30AM - 8:25AM Heidi Studio 2	
	20-20-20 8:30AM - 9:25AM Eduardo Studio 2	Barre Strong 8:30AM - 9:25AM Laura Studio 2	Boot Camp 8:30AM - 9:25AM Carrie Studio 2	Cardio & Pilates(Women) 9:00AM - 9:55AM Susan Studio 1	Rhythm Ride 8:30AM - 9:25AM Carrie Cycle Studio	
Cardio Kickboxing 9:00AM - 9:55AM Moses Studio 2	Functional Strength 9:00AM - 9:55AM Scott Studio 1	Cardio & Tone (Women) 9:00AM - 9:55AM Susan Studio 1		Zumba 9:00AM - 9:55AM Guylaine Studio 2		
Spin & Sculpt 9:30AM - 10:25AM Monica Cycle Studio	Essentrics 9:30AM - 10:25AM Carole Studio 2	Pilates Sculpt 9:30AM - 10:25AM Laura Studio 2	Ballates 9:30AM - 10:25AM Carrie Studio 2	Spin & More 9:30AM - 10:25AM Stephanie Cycle Studio	Booty Barre 9:30AM - 10:25AM Carole Studio 2	
Muscle Hustle 10:00AM - 10:55AM Heidi Studio 2			Kabalah Yoga 10:45AM - 11:40AM Audi Studio 2		Zumba 10:30AM - 11:25AM Carole Studio 2	Zumba 10:00AM - 10:55AM Guylaine / Richelle Studio 2
Kabalah Yoga 11:00AM - 11:55AM Audi Studio 2		Yoga Flow 10:45AM - 11:40AM Susy Studio 1	Zumba Toning (Women) 12:15PM - 1:00PM Carole Studio 2	Tai Chi 10:30AM - 11:25AM George Studio 2	Essentrics 11:30AM - 12:25PM Carole Studio 2	Circuit Training 10:00AM - 10:55AM Monica Mezzanine
	Zumba (Women) 12:00PM - 12:55PM Guylaine Studio 2	Pilates (Women) 12:15PM - 1:00PM Alison Studio 2	Power Ride 12:15PM - 1:00PM Monica Cycle Studio	Yoga 12:00PM - 12:55PM Susan Studio 2		Eldoa 11:00AM - 11:55AM Monica Studio 2
	Rhythm Ride 12:15PM - 1:00PM Linda R. Cycle Studio	Tabata Circuit 12:15PM - 1:00PM Eduardo Mezzanine		Full Body Circuit 12:15PM - 1:00PM Linda B. Mezzanine		
		20-20-20 5:00PM - 5:55PM Eduardo Studio 2	Circuit Training 5:30PM - 6:25PM Linda B. Mezzanine	The Work Out 5:30PM - 6:25PM Monica Studio 2		
	Spin & Sculpt 5:30PM - 6:25PM Linda B. Cycle Studio	Eldoa 6:00PM - 6:55PM Monica Studio 2		Pilates 5:30PM - 6:25PM Sandra Studio 1		
				Cardio Latino 6:30PM - 7:25PM Eduardo Studio 2		
AQUATICS: POOL						
	Aqua Fitness 9:00AM - 9:55AM Hendrica	Aqua Fitness 9:00AM - 9:55AM Nadia		Aqua Fitness 9:00AM - 9:55AM Nadia		
		Aqua Fitness 10:30AM - 11:25AM Kevin	Aqua Fitness 10:30AM - 11:25AM Hendrica		Aqua Fitness (Women) 10:30AM - 11:25AM Maria	

Group Fitness Schedule

Group fitness classes are free for all members

The Group Fitness schedule, including the instructor who is teaching the class, is subject to change without notice. Visit our website (www.ymywha.com) regularly and follow us on Instagram Story (@ymywha and @ymywha.fit) and/or on Facebook for the latest updates.