



Group Fitness Schedule

FITNESS AREA						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Spin & Sculpt 7:20AM - 8:15AM 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	
	Pyloxing 9:00AM - 9:25AM Carole Studio 1	Cardio & Tone (Women) 9:00AM - 9:55AM Susan Studio 1		Zumba 9:00AM - 9:55AM Guylaine Studio 2		Zumba 9:00AM - 10:55AM 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	Tai Chi 10:30AM - 11:25AM George Studio 2		Kabalah Yoga 10:45AM - 11:40AM Audi Studio 2	Yoga 10:30AM - 11:25AM Susan Studio 2	Zumba 10:30AM - 11:25AM Carole Studio 2	20-20-20 10:00AM - 10:55AM Scott Studio 2
Kabalah Yoga 11:00AM - 12:30PM Audi Studio 2	Yoga 12:00PM - 12:55PM Susan Studio 1	Yoga Flow 10:45AM - 11:40AM Susy Studio 1	Zumba Toning (Women) 12:15PM - 1:00PM Carole 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			Eldoa 11:00AM - 11:55AM Monica Studio 2
	Rhythm Ride 12:15PM - 1:00PM Eduardo 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				
AQUATICS: POOL						
	Aqua Fitness 9:00AM - 9:55AM Hendrica	Aqua Fitness 9:00AM - 9:55AM Nadia	Aqua Fitness (Women) 8:30AM - 9:25AM Hendrica	Aqua Fitness 9:00AM - 9:55AM Nadia		
		Aqua Fitness 10:30AM - 11:25AM Kevin			Aqua Fitness (Women) 10:30AM - 11:25AM Maria	

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.