

# Group Fitness Schedule

# October 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:45am-7:30am Y Cycle - ALS 2 Luli	6:45am-7:45am Group Power - West Gym Andrew	7:15am-8:00am Y Step & Strength - West Veronica	6:45am-7:45am Y Bosu - West Gym Shadi	6:45am-7:45am Group Power - West Gym Hanif	8:00am-9:00am Zumba - West Gym Pinky	8am-9am Y Step & Strength - West Liz
	8:30am-9:30am Group Power - West Gym Brenden	7:00am-8:00am Y Hatha Yoga - Hume S. Vanessa	7:30am-8:15am Y Cycle - ALS 2 Hanif	7:00am-8:00am Y Hatha Yoga - Hume S. Kelli	8:00am-9:00am Y Step & Strength - West G. Jeanette	8:30am-9:30am Y Hatha Yoga - Hume S. Annabelle	8:30am-9:30am Zumba - East Gym Gaby
			9:00am-10:00am Y Gentle - West Gym Faye	8:30am-9:30am Group Power - West Gym Brenden		9:15am-10:15am Group Power - West Gym Andrew	9:15am-10:15am Y Vinyasa Yoga - HS Cristina
						9:30am-10:15am Y Cycle - ALS 2 Teresa	9:45am-10:45am Group Power - Gym Reza
	11:00am-12:15pm Y Hatha Yoga - Hume S. Adriaan			11:00am-12:15pm Y Hatha Yoga - Hume S. Adriaan		10:00am-11:15am Y Vinyasa Yoga - HS Verina	11:15am-1:15pm Badminton Gym
	11:00am-12:00am Zumba - West Gym Shahla	12:15pm-1:00pm Y Core - West Gym Hanif	12:15pm-1:00pm Y Stregth - West Gym Hajar	12:15pm-1:15pm Y Sweat - West Gym Joanna		11:15am-1:15pm Badminton Gym	
AFTERNOON	12:15pm-1:00pm Y Stregth - West Gym Hajar				12:15pm-1:00pm Y Sweat - West Gym Andrew	1:30pm-2:15pm Y Cycle - ALS 2 Mark	
EVENING	5:45pm-6:45pm Y Step & Strength - Gym Kristina	5:15pm-6:15pm Y Strength - West Gym Hajar	5:30pm-6:15pm YBarre-West Gym Nicola	5:15pm-6:15am Y Hatha Yoga - Hume S. Annabelle			
	6:00pm-7:00pm Y Cycle - ALS 2 Martin	6:00pm-6:45pm Y Cycle - ALS 2 Donald	5:15pm-6:15pm Y Dance - East Gym Basak	6:00pm-6:45pm Zumba - West Gym Maybelin	6:00pm-7:00pm Dance - Bollywood - West Jahnvi/Esha		
	7:00pm-8:00pm Zumba - West Gym Elaina	6:30pm-7:30pm Y Hatha Yoga - Hume S. Roz	5:30pm-6:45pm Y Kundalini Yoga- HS Annabelle	6:00pm-6:45pm Y Cycle - ALS 2 Hector	7:00pm-8:45pm Volleyball Gym		
		6:30pm-7:15pm Y Barre - West Gym Laura	6:30pm-7:30pm Y Tone - Gym James	7:00pm-8:00pm Group Power - Gym Angie			
		7:00pm-8:00pm Zumba - East Gym Janice					

\*HS- Hume Studio, 3rd floor through basketball court.

This schedule is subject to change without notice.

Robert Lee YMCA - Group Fitness - Updated September 28th, 2021