

Group Fitness Schedule

November-December 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 Hanif	6:45am-7:30am Y Cycle - ALS 2 Hanif	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/Gaby	8am-9am Y Step & Strength - West Liz
		7:00am-8:00am Y Hatha Yoga - Hume S. Vanessa	7:00am-8:00am Y Vinyasa Yoga - Hume S. Yosra	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	9.15am-10.15am Y Vinyasa Yoga - Hume S. Cristina
			7:15am-8:00am Y Step & Strength - West Veronica			9:15am-10:15am Group Power - West Gym Andrew	9:45am-10:45am Group Power - Gym Reza
			9:00am-10:00am Y Gentle - West Gym Faye			9:30am-10:15am Y Cycle - ALS 2 Teresa	
AFTERNOON	11:00am-12:15pm Y Hatha Yoga - Hume S. Adriaan			11:00am-12:15pm Y Hatha Yoga - Hume S. Adriaan	11:00am-11:45am Y Gentle Venus	10:00am-11:15am Y Vinyasa Yoga - Hume S. Verina	11:15am-2:00pm Badminton Gym
	11:00am-12:00am Zumba - West Gym Shahla	12:15pm-1:00pm Y Core - West Gym Hanif	12:15pm-1:00pm Y Strength - West Gym Hajar	12:15pm-1:00pm Y Cycle - ALS 2 Jo	12:15pm-1:00pm Y Sweat - West Gym Andrew	1:30pm-2:15pm Y Cycle - ALS 2 Mark	11:15am-2:00pm Badminton Gym
	12:15pm-1:00pm Y Kinesis - West Gym Hajar					2:00pm-3:45pm Basketball Gym	2:00pm-3:45pm Basketball Gym
			4:30pm-5:15pm Y Sweat-West Gym Alicia				
	5:45pm-6:45pm Y Step & Strength - Gym Kristina	5:30pm-6:30pm Y Step & Strength - Gym Mark**	5:15pm-6:15pm Y Dance - East Gym Basak	6:00pm-6:45pm Zumba - West Gym Maybelin	5:15pm-6:15pm Group Power -West Gym Brenden	6:00pm-7:00pm Dance - Bollywood - West Jahnvi/Esha	
	6:00pm-7:00pm Y Cycle - ALS 2 Martin	6:00pm-6:45pm Y Cycle - ALS 2 Donald	5:30pm-6:15pm YBarre-West Gym Nicola	6:00pm-6:45pm Y Cycle - ALS 2 Hector	7:00pm-8:45pm Volleyball Gym		
	6:30pm-7:30pm Y Vinyasa - Hume Studio Abby	6:30pm-7:30pm Y Hatha Yoga - Hume S. Roz	5:30pm-6:45pm Y Kundalini Yoga- HS Annabelle	6:30pm-7:30pm Y Hatha Yoga - Hume S. Nima			
	7:00pm-8:00pm Zumba - East Gym Tony/Zabi	6:45pm-7:45pm Y Strength - West Gym Hajar	6:30pm-7:30pm Y Tone - Gym James	7:00pm-8:00pm Group Power - Gym Angle			
	7:00pm-8:00pm Group Power - Gym Andrew	7:00pm-8:00pm Zumba - East Gym Janice					
<p>*HS- Hume Studio, 3rd floor through the basketball court. ** Starts on December</p>							
This schedule is subject to change without notice.					Robert Lee YMCA - Group Fitness - Updated November 21st, 2021		