



# ROBERT LEE YMCA GROUP FITNESS SCHEDULE

May 1, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45am-7:30am Y Cycle - ALS 2 Lulil	6:45am-7:30am Y Cycle - ALS 2 Janene	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	8:15am-9:15am Y Step - West Gym Mark W.	8:00am -9:00am Y Step & Strength - Gym Liz
	7:00am-8:00am Y Hatha - Yoga Studio Tiffany	7:15am-8:00am Y Core - West Gym Veronica		8:00am-9:00am Y Step & Strength - West Gym Jeanette	9:15am-10:15am Zumba Toning - East Gym Pinky/Gaby	9:15am-10:15am Y Vinyasa - Yoga Studio Cristina
	7:00am-7:45am Y Strength - West Gym Adam	9:00am-10:00am Y Gentle Tone - West Gym Faye		9:30am-10:15am Aquafit - Pool Hanif	9:30am-10:30am Group Power - West Gym Andrew	9:45am-10:45am Group Power - West Gym Reza
	9:30am-10:15am Aquafit - Pool Hanif	9:30am-10:15am Aquafit - Pool Pouria			9:30am-10:15am Y Cycle - ALS 2 Teresa	10:00am-11:30pm Youth Basketball East Gym
					9:30am-10:15am Aquafit - Pool Homa	10:45am-11:45am Y Vinyasa - Yoga Studio Cristina
					10:00am-11:15am Y Vinyasa - Yoga Studio Verina	11:45am-2:00pm Badminton Gym
					10:45am-11:45am Immigration Services	
10:00am-12:00pm Indoor Family Playground East Gym					11:45am-2:00pm Badminton Gym	
11:00am-12:15pm Y Hatha - Yoga Studio Adriaan	11:00am-12:00pm Y Hatha - Yoga Studio Adele		11:00am-12:15pm Y Hatha - Yoga Studio Adriaan	11:00am-12:00pm Y Gentle Tone - West Gym Venus	1:30pm-2:15pm Y Cycle - ALS 2 Mark B.	
12:30pm-1:15pm Y Strength - West Gym Hajar	12:15pm-1:00pm Y Core - West Gym Hanif	12:15pm-1:00pm Y Strength - West Gym Hajar	12:15pm-1:00pm Y Sweat - West Gym Andrew	12:00pm-12:45pm Y Cycle - ALS 2 Jo		
4:00pm-4:45pm Aquafit - Pool Hajar		4:30pm-5:15pm Y Sweat-West Gym Alicia			4:15pm-5:00pm Y Step-West Gym Annie	
5:00pm-6:00pm Power Yoga - Yoga Studio Tomo	5:30pm-6:30pm Y Step & Strength - Gym Mark W.	5:15pm-6:15pm Cardio Dance - East Gym Ashley	5:30pm-6:30pm Cardio Dance - East Gym Elaine	5:15pm-6:15pm Group Power-West Gym Brenden		
6:00pm-7:00pm Y Step & Strength - Gym Kristina	6:00pm-6:45pm Y Cycle - ALS 2 Donald	5:30pm-6:15pm Y Barre - West Gym Nicola	5:30pm-6:30pm Y Step-West Gym Chad	6:00pm-7:00pm Bollywood Dance - East Gym Jahnavi/Esha		
6:00pm-7:00pm Y Cycle - ALS 2 Martin	6:30pm-7:30pm Y Hatha - Yoga Studio Roz	6:15pm-7:00pm Y Cycle - ALS 2 Leonie	6:00pm-6:45pm Y Cycle - ALS 2 Hector	7:00pm-8:45pm Volleyball Gym		
6:30pm-7:30pm Y Vinyasa - Yoga Studio Abby	6:45pm-7:45pm Group Power - West Gym Hajar	6:30pm-7:30pm Y Tone - Gym Tony	6:30pm-7:30pm Y Vinyasa - Yoga Studio Maryam			
7:15pm-8:00pm Zumba - East Gym Tony	7:00pm-8:00pm Bollywood - East Gym Raha		7:00pm-8:00pm Group Power - Gym Angie			
7:15pm-8:15pm Group Power - West Gym Andrew	7:15pm-8:00pm Y Cycle - ALS 2 Sean					

This schedule is subject to change without notice. Current as of:  
Please reserve classes online at [gv.ymca.ca](http://gv.ymca.ca) or the booking app.

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To view all our schedules online scan the code below

