



ROBERT LEE YMCA GROUP FITNESS SCHEDULE

June 23, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am-7:30 am GroupPower-WestGym Devon	6:45am-7:30 am Y Cycle - ALS 2 Janene	6:45am-7:30 am Y Cycle - ALS 2 Shadi	6:45-7:45 am Y Bosu-West Gym Shadi	6:45-7:45 am Group Power-West Gym Hanif	8:15am-9:15am Y Step-West Gym Mark W	8:00am-9:00am YStep&Strength- WestGym Liz
6:45am-7:30 am Y Cycle - ALS 2 Hanif	7:00am-8:00am Y Hatha-Yoga Studio Tiffany	7:00am-8:00am Yoga Qigong-Yoga Studio Seumas	9:30am-10:15am Aquafit-Pool Hanif	8:00am-9:00am Y Step&Strength-West Gym Jeanette	9:15am-10:15am Zumba Toning-East Gym Pinky	9:15am-10:15am Zumba Toning-East Gym Gaby
	7:00am-7:45am YStrength-WestGym Adam	7:15am-8:00am Y Core - West Gym Veronica		9:30am-10:15am Aquafit-Pool Hanif	9:30am-10:30am GroupPower-WestGym Andrew	9:15am-10:15am Y Vinyasa-Yoga Studio Christina
	9:30am-10:15am Aquafit-Pool Shadi	9:00am-10:00am Y Gentle Tone WestGym Faye			9:30am-10:15am Y Cycle - ALS 2 Teresa	9:45am-10:45am Group Power-West Gym Reza
		9:00am-9:45am Aquafit - Pool Pouria			9:30am-10:15am Aquafit-Pool Homa	11:45am-2:00pm Badminton Gym
					10:00am-11:15am Y Vinyasa-Yoga Studio Verina	2:00pm-4:00pm Youth Basketball West Gym
10:00am-12:00pm Family Playground East Gym				11:00am-12:00pm YGentleTone-WestGym Venus	10:45am-11:30am Immigration Services West Gym	
11:00am-12:15pm Y Hatha-Yoga Studio Adriaan	11:00am-12:00pm Y Hatha-Yoga Studio Adele	11:00am-12:00pm Y Hatha-Yoga Studio Flavie	11:00am-12:15pm Y Hatha-Yoga Studio Adriaan	12:15pm-1:00pm Y Cycle-ALS 2 Jo	11:45am-2:00pm Badminton Gym	
12:30pm-1:30pm GroupPower-WestGym 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-1:00pm Y Stretch-Advanced Bob	1:30pm-2:15pm Y Cycle-ALS 2 Mark B	

4:15pm-5:00pm 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	5:00pm-6:00pm Y GentleYoga-Yoga Studio Mahnaz
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	5:15pm-6:00pm Cardio Dance-East Gym Andrew
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	6:15pm-7:45pm Y Cycle - ALS 2 Hector	5:15pm-6:15pm Group Power-West Gym Brenden
6:30pm-7:30pm Power Yoga-Yoga Studio Tiffany	6:45pm-7:45pm Strength-West Gym Hajar	6:30pm-7:30pm Y Tone-Gym Tony	6:30pm-7:30pm Y Vinyasa-Yoga Studio Maryam	5:30pm-6:15pm Y Cycle-ALS 2 Luli
7:15pm-8:00pm Zumba-East Gym Tony	7:15pm-8:00pm Y Cycle-ALS 2 Sean	6:30pm-7:30pm Y Vinyasa-Yoga Studio Paul	7:00pm-8:00pm GroupPower-Gym Angie	6:00pm-7:00pm Bollywood-East Gym Jahnvi/Esha
7:15pm-8:15pm GroupPower-WestGym Andrew				7:00pm-8:45pm Volleyball Gym

For daily updates consult the booking App.
This schedule is subject to change without notice.

Online schedule

