



# TONG LOUIE FAMILY YMCA GROUP FITNESS SCHEDULE June 27, 2022 - Current

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING			6:15am - 7:15am Group Power - ST2 Shannon		6:15am - 7:15am Group Power - ST2 June		
	8:00am - 9:00am Group Power - ST2 June				7:30am - 8:30am Y Hatha Yoga - ST2 Tiffany	8:15am - 9:15am Y Strength - Gym Sherrie	
	8:15am - 9:00am Y Aquafit - 25m Pool Gail	8:45am - 9:45am Y Gentle - ST2 Audrey	8:15am - 9:00am Y Aquafit - 25m Pool Gail	8:30am - 9:15am Y Synrgy - Fitness Floor Jacqueline	9:15am - 10:00am Y Aquafit - 25m Pool Jesse	8:30am - 9:15am Y Aquafit - 25m Pool Jessica	9:00am - 10:00am Y Cyclefit - ST1 Bernardo
	9:15am - 10:15am Y Strength - Gym Sherrie	9:15am - 10:15am Y Cyclefit - ST1 Linda	9:15am - 10:15am Y Cyclefit - ST1 Bernardo	9:15am - 10:15am Y Vinyasa Yoga Kami	9:15am - 10:15am Y Step - ST2 Jennifer	9:30am - 10:30am Group Power - Gym Shannon	
		10:00am - 11:00am Y Hatha Yoga - ST2 Marianne	9:15am - 10:15am Y Hatha Yoga - ST2 Lynne	9:15am - 10:15am Group Power - Gym Linda	10:30am - 11:30am Y Power Yoga - ST2 Marian		
	10:30am - 11:30am Y Hatha Yoga - ST2 Soan					10:30am - 11:30am Y Vinyasa Yoga - ST2 Kerry & Barb	10:15am - 11:15am Y-Dance Bollywood - ST2 Dildeep
		11:45am - 12:45pm Y Gentle - ST2 Debbie		11:45am - 12:45pm Y Gentle - ST2 Debbie			
					2:00pm - 3:00pm Y Gentle - ST2 Jacqueline		
AFTERNOON							
EVENING	5:15pm - 6:15pm Group Power - ST2 Shannon						
	6:00pm - 6:45pm Y Synrgy - Fitness Floor Jacqueline	6:15pm - 7:15pm Y Strength - ST2 Andrew	5:30pm - 6:15pm Y-Dance Cardio - ST2 Coral	6:00pm - 7:00pm Y-Dance Bollywood - ST2 Gulnaaz	6:00pm - 6:45pm Y Synrgy - Fitness Floor Jacqueline		
	6:30pm - 7:15pm Y Aquafit - 25m Pool Louise	6:30pm - 7:15pm Y Cyclefit - ST1 Surinder	7:15pm - 8:15pm Y Power Yoga - ST2 Marian	7:15pm - 8:15pm Y Pilates - ST2 Marian	7:00pm - 8:00pm Y Power Yoga - ST2 Marian		
	6:30pm - 7:30pm Y Step - ST2 Jennifer						

This schedule is subject to change without notice. Current as of: June 27, 2022  
Please reserve classes online at [gv.ymca.ca](http://gv.ymca.ca) or the booking app.

To view all our schedules online scan the code below

