



ROBERT LEE YMCA GROUP FITNESS SCHEDULE

November 7, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am-7:30am GroupPower-WestGym Devon	6:45am-7:30 am Y Cycle - ALS 2 Janene	7:00am-8:00am YHatha- YogaStudio Sadaf	6:00am-7:45am Volleyball Gym	6:45am-7:30 am Y Cycle - ALS 2 Shadi	8:15am-9:15am Y Step-West Gym Mark W	8:00am-9:00am Step&Strength-WestGym Carlos
7:15am-8:15am Y Hatha-Yoga Studio MJ	7:00am-8:00am Y Hatha-Yoga Studio Tiffany	7:15am-8:00am Y Core - West Gym Veronica	7:00am-8:00am Y Vinyasa-Yoga Studio Laura		8:30am-9:30am Y Hatha-Yoga Studio Nima	9:30am-10:15am Y Cycle - ALS 2 Luli
9:45am-10:30am AquaFit-Pool Homa	7:00am-7:45am YStrength-WestGym Adam	9:00am-10:00am YGentleTone-WestGym Faye	9:30am-10:15am AquaFit-Pool Homa		9:30am-10:15am Y Cycle - ALS 2 Teresa	9:30am-10:15am AquaFit-Pool Homa
	9:30am-10:15am AquaFit-Pool Venus	9:45am-10:30am AquaFit-Pool Shadi			10:00am-11:15am Y Vinyasa-Yoga Studio Verina	9:45am-10:45am GroupPower-WestGym Reza/Devon
					11:45am-2:00pm Badminton Gym	10:30am-11:30am ZumbaToning-East Gym Gaby
				10:45am-11:45am Pilates-Yoga Studio Jill		10:45am-11:45am Y Vinyasa-Yoga Studio Jill
			11:00am-12:15pm Y Hatha-Yoga Studio Adriaan	11:00am-12:00pm YGentleTone-WestGym Venus		10:50am-11:45pm Family Badminton West Gym
10:00am-12:00pm Family Playground East Gym	11:00am-12:00pm Y Hatha-Yoga Studio Adele	11:00am-12:00pm Y Hatha-Yoga Studio Mahdieh	12:15pm-1:00pm Y Cycle-ALS 2 Lila	12:00pm-1:00pm Y Stretch-Advanced Bob		11:45am-2:00pm Badminton Gym
11:00am-12:15pm Y Hatha-Yoga Studio Adriaan	12:00pm-1:00pm Y Core-West Gym Noor	1:00pm-2:00pm Y Hatha-Yoga Studio Mahsa	12:15pm-1:00pm Y Sweat-West Gym Andrew	12:15pm-1:00pm Y Cycle-ALS 2 Jo		2:00pm-4:00pm Youth Basketball West Gym

		4:30pm-5:15pm Y Sweat-West Gym Alicia		
5:00pm-5:45pm CardioDance-East Gym Aiden	5:00pm-6:00pm Power Yoga-Yoga Studio Gio	5:00pm-6:00pm Y Power-Yoga Studio Matthew	5:15pm-6:00pm Pilates-Yoga Studio Sean	
5:00pm-5:45pm Y Step-West Gym Annie	5:30pm-6:30pm Y Step & Strength- Gym Mark W	5:15pm-6:15pm CardioDance-East Gym Ashley	5:30pm-6:30pm Zumba-East Gym Elaine	
5:00pm-6:00pm PowerYoga-Yoga Studio Tomo	6:00pm-6:45pm Y Cycle-ALS 2 Donald	5:15pm-6:00pm Y Cycle A- ALS 2 Carlito	5:30pm-6:30pm Y Step-West Gym Chad	
6:00pm-7:00pm Y Step & Strength-Gym Kristina	6:30pm-7:30pm Y Hatha-Yoga Studio Cristina	5:30pm-6:15pm Y Barre-West Gym Nicola	6:00pm-6:45pm Y Cycle - ALS 2 Hector	5:00pm-6:00pm Y GentleYoga-Yoga Studio Mahnaz
6:00pm-7:00pm Y Cycle - ALS 2 Martin	6:45pm-7:45pm Strength-West Gym Devon	6:15pm-7:00pm Y Cycle - ALS 2 Leonie	6:30pm-7:30pm Y Vinyasa-Yoga Studio Maryam	5:30pm-6:15pm Y Cycle-ALS 2 Luli
6:30pm-7:30pm Power Yoga-Yoga Studio Tiffany	7:00pm-8:00pm CardioDance-East Gym Raha	6:30pm-7:30pm Y Vinyasa-Yoga Studio Paul	7:00pm-8:00pm CardioDance-East Gym Andrew	6:00pm-7:00pm Bollywood-West Gym Jahnvi/Esha
7:15pm-8:00pm Zumba- Gym Tony	7:15pm-8:00pm Y Cycle-ALS 2 Sean	7:15pm-8:15pm GroupPower-WestGym Andrew	7:00pm-8:00pm GroupPower-WestGym Angie	7:00pm-8:45pm Volleyball Gym

Online schedule



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

