



ROBERT LEE YMCA GROUP FITNESS SCHEDULE

March 3, 2023

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 YVinyasa- YogaStudio Sadaf	6:00am-7:45am Volleyball Gym	7:00am-8:00am Y Hatha-Yoga Studio Celeste	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 Lucy	7:15am-8:00am Y Core - West Gym Veronica	6:45am-7:30 am Y Cycle - ALS 2 Lila		8:30am-9:30am Y Hatha-Yoga Studio Nima	9:15am-10:00am Aquafit-Pool Homa
9:45am-10:30am Aquafit-Pool Homa	7:00am-7:45am YStrength-WestGym Adam	9:00am-10:00am YGentleTone-WestGym Faye	7:00am-8:00am Y Vinyasa-Yoga Studio Laura		9:30am-10:15am Y Cycle - ALS 2 Teresa	9:30am-10:15am Y Cycle - ALS 2 Luli
	9:30am-10:15am Aquafit-Pool Venus	9:45am-10:30am Aquafit-Pool Shadi	9:30am-10:15am Aquafit-Pool Homa		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
10:00am-12:00pm Family Playground East Gym				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 Y Hatha-Yoga Studio Adele	11:00am-12:00pm Y Hatha-Yoga Studio Mahdieh	11:00am-12:15pm Y Hatha-Yoga Studio Adriaan	11:00am-12:00pm YGentleTone-WestGym Venus		10:50am-11:45pm Family Badminton West Gym
11:15am-12:15pm YGentleTone-WestGym Shadi	12:15pm-1:00pm Y Strength-West Gym Andrew	12:15pm-1:15pm GroupPower-WestGym Brendan		12:00pm-1:00pm Y Stretch-Advanced Bob		11:45am-2:00pm Badminton Gym
12:30pm-1:30pm GroupPower-WestGym Brendan		1:00pm-2:00pm Y Vinyasa Yoga Studio Mahsa		12:15pm-1:00pm Y Sweat-West Gym Joanna		
				12:15pm-1:00pm Y Cycle - ALS 2 Shadi		
3:45pm-4:30pm Aquafit-Pool Kylan		4:30pm-5:15pm Y Sweat-West Gym Alicia	3:45pm-4:30pm Aquafit-Pool Kylan			
5:00pm-5:45pm CardioDance-East Gym Aiden	5:00pm-6:00pm Y Vinyasa-Yoga Studio Kirti	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 Power Yoga-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	5:00pm-6:00pm Y GentleYoga-Yoga Studio Mahnaz		
6:00pm-7:00pm Y Step & Strength-Gym Kristina	6:30pm-7:30pm Y Vinyasa-Yoga Studio Cristina	5:30pm-6:30pm Y Barre-West Gym Nicola	6:00pm-6:45pm Y Cycle - ALS 2 Hector	5:15pm-6:00pm Y Cycle-ALS 2 Luli		
6:00pm-7:00pm Y Cycle - ALS 2 Martin	6:45pm-7:45pm Y Strength-West Gym Noor	6:15pm-7:00pm Y Cycle - ALS 2 Leonie	6:30pm-7:30pm Y Vinyasa-Yoga Studio Mahdieh	5:30pm-6:15pm Strength-East Gym Devon		
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	6:45pm-7:30pm CardioDance-East Gym Andrew	5:45pm-6:45pm Bollywood-West Gym Jahnavi/Esha		
7:15pm-8:00pm Zumba-Gym Tony	7:15pm-8:00pm Y Cycle-ALS 2 Sean	7:15pm-8:15pm Y Strength-West Gym Tony	7:00pm-8:00pm Group Power-West Gym Angie	7:00pm-8:45pm Volleyball Gym		

Online schedule



For updates, please consult the YMCA of Greater Vancouver app.
This schedule is subject to change without notice.

