



ROBERT LEE YMCA

GROUP FITNESS SCHEDULE

Updated Nov 13, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am-8:45am Basketball East Gym		7:00am-8:00am Y Vinyasa- ALS2 Sadaf	6:30am-8:00am Bookable Badminton West Gym			
7:00am-8:00am GroupPower-WestGym Devon		7:15am-8:00am Y Core - West Gym Veronica	7:00am-8:00am Y Vinyasa - ALS2 Laura		8:15am-9:15am Y Step-West Gym Mark W	8:30am-9:30am Step&Strength-WestGym Carlos
7:15am-8:15am Y Hatha - ALS2 MJ	7:00am-7:45am YStrength-WestGym Adam	9:00am-10:00am YGentleTone-WestGym Faye			8:30am-9:30am Y Hatha - ALS2 Nima	9:00am-10:00am Y Hatha - ALS2 Hamid
9:15am-10:00am Aquafit-Pool Homa	9:15am-10:00am Aquafit-Pool Venus	9:30am-10:30am Y Hatha - ALS2 Mahdieh	9:15am-10:00am Aquafit-Pool Homa	9:15am-10:00am Aquafit-Pool Kylan	9:30am-10:15am Y Cycle - Hume Teresa	9:15am-10:00am Aquafit-Pool Homa
9:30am-12:00pm Family Playground East Gym		9:45am-10:00am Aquafit-Pool Shadi		10:00am-11:00am Y Power Yoga - ALS2 Kiley	10:00am-11:15am Y Vinyasa - ALS2 Verina	9:30am-10:15am Y Cycle - Hume Luli
11:15am-12:15pm YGentleTone-WestGym Shadi		11:00am-12:00pm Y Vinyasa - ALS2 Mahsa	11:00am-12:15pm Y Hatha - ALS2 Adriaan	10:45am-11:45am Y Gentle-West Gym Venus	11:30am-12:45pm Y Flow Yoga - ALS2 Lucy	9:45am-10:45am GroupPower-WestGym Reza/Devon
11:00am-12:15pm Y Hatha - ALS2 Adriaan	11:00am-12:00pm Y Hatha - ALS2 Adele			12:00pm-1:00pm Y Step & Strength-West Gym Gus	11:45am-2:00pm Badminton Gym	10:30am-11:30am ZumbaToning-East Gym Gaby
12:30pm-1:30pm Group Power-West Gym Shadi	12:15pm-1:00pm Y Strength-West Gym Andrew			12:00pm-1:00pm Y Stretch-Advanced Bob	2:30pm-3:30pm Y Step-West Gym Michael	11:00am-11:45pm Bookable Badminton West Gym
1:00pm-1:35pm Y Stretch - ALS2 Jeunesse	12:00pm-1:00pm Y Cycle - Hume Moe-NEW			12:15pm-1:00pm Y Cycle - Hume Shadi		11:45am-2:00pm Badminton Gym
						4:45pm-6:45pm Volleyball Gym
3:45pm-4:30pm Aquafit-Pool Kylan		3:45pm-4:30pm Aquafit-Pool Kylan				
		4:30pm-5:15pm Y Sweat-West Gym Alicia				
	5:00pm-6:00pm Y Vinyasa - ALS2 Kirti	5:00pm-6:00pm Y Power Yoga - ALS2 Matthew	5:15pm-6:00pm Pilates - ALS2 Sean	5:00pm-6:00pm Y Chair Yoga - ALS2 Mahnaz		
5:00pm-6:00pm Power Yoga - ALS2 Tomo	5:30pm-6:30pm Y Step & Strength- Gym Mark W	5:15pm-6:15pm CardioDance-East Gym Ashley				
6:00pm-7:00pm Y Step & Strength-Gym Kristina	6:00pm-6:45pm Y Cycle - Hume Donald		5:30pm-6:30pm Y Step-West Gym Chad	5:45pm-6:45pm Strength-West Gym Devon		
6:00pm-7:00pm Y Cycle - Hume Martin	6:30pm-7:30pm Y Flow - ALS2 Mariya	5:30pm-6:30pm Y Barre-West Gym Nicola	6:00pm-6:45pm Y Cycle - Hume Hector	5:45pm-6:30pm Y Cycle A - Hume Carlito		
		6:00pm-6:45pm Y Cycle - ALS 2 Leonie	6:30pm-7:30pm Y Vinyasa - ALS2 Mahdieh	5:30pm-6:30pm Zumba - East Gym Erika		
6:30pm-7:30pm Y Vinyasa - ALS2 Lauren	6:45pm-8:15pm Futsal Gym	6:30pm-7:30pm Y Vinyasa - ALS2 Paul	5:45pm-6:30pm CardioDance-East Gym Andrew	6:15pm-7:15pm Y Hatha - ALS2 Helia		
7:15pm-8:00pm Zumba - Gym Tony		6:45pm-7:45pm Y Step-West Gym Gus-NEW	6:45pm-7:45pm GroupPower-WestGym Angie	7:00pm-9:45pm Volleyball Gym		

Online schedule



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