

## **Robert Lee YMCA**

## Group Fitness Schedule – Updated Oct 20th, 2025

Room Guide: (G) Full Gym - (W) West Gym - (E) East Gym - (H) Hume Studio
(A) Active Living Studio2 - (P) Pool - (F) Functional Room

	(^)	Active Living	Studio2 - (P) P00	- (I) I dilet	IUIIAI KUUIII	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		MORNIN	G and AFTERNOO	N		
Strength (W)		Vinyasa Yoga		Hatha Yoga	Power Yoga	
8:30-9:30AM		(A)	Vinyasa Yoga (A) 7-	(A)	(A) 7:30-	Synergy (F)
0.30 3.30/11		7-8AM	8AM	6:30-7:30AM	8:30AM	8:15-9 AM
Aquafit	Vinyasa Yoga (A)	Core (W)	Gentle Tone (W) 9-	Cycle (H)	Synergy (F)	Cycle (H)
9:30-10:15AM	7-8AM	7:15-8AM	10AM	7:15-8 AM	8-8:45AM	9-9:45AM
				Hatha	Step (W)	Mossa Group
	Sweat and Sculpt		Synergy (F)	Yoga(A)9:15-	8:15-9:15AM	Power (F) 9:30-
	(W) 9-10AM	7:15-8am	9-9:45am	10:15AM	0.20 3.20	10:30AM
Hatha Yoga (A)				Contlo	Synergy (F)	Flow Yoga (A)
11-12:15	Aquafit(P)10:15	` '	<b>Aquafit(P)</b> 10:1511AM	Tone(G)	9-9:45AM	10-11AM
11 12.13	to 11AM	9-10AM		10:30-11:45AM		
Gentle Tone (W)	Hatha Yoga (A)					<b>Zumba</b> (W)10:45
11:15-12:15PM	11-12PM	Synergy (F)	Cardio Dance (W)		Cycle (H)	11:30AM
11.15 12.15	11 12///	9:30-10:15AM	10:15-11AM		9:30-10:30AM	11.50/111
Mossa Group						
Power (W)	Cycle (H)	Aquafit (P)	Hatha Yoga (A) 11-	Aquafit (P)	Strength (W)	
12:30-1:30PM	12-12:45PM	10:15-11AM	12:15 PM	12-12:45PM	9:30 -10:30AM	
12.30 1.30111				12 12.45114	7.50 10.50AM	
		Vinyasa Yoga		Sweat and	Vinyasa	
	<b>HIIT</b> (F)	(A) 11:30-	Strength(W)	Sculpt (W)	Yoga (A)	
	12:15-1PM	12:30PM	12:15 -1PM	12-1PM	10-11AM	
		12:30PM		12 1111	10-11AM	
					Persian Dance	
		Group Power (W)	Vinyaga	Cycle (H)		
		12:15-1PM	Vinyasa Yoga(A)1:30-2:30PM	12:15-1:15PM	(W) 10:45-	
			10ga(A)1.30-2.30FM		11:30AM	
		<b>C</b> (F)	2 (5)	11-4b - V		A 6!+/D) 1 - 20
		Synergy (F)	Synergy (F)	Hatha Yoga		Aquafit(P)1:30-
		5:45-6:30PM	2-2:45PM	(A) 1:30-		2:15PM
				2:30PM		
		Power Yoga (A)	<b>Zumba</b> (W)			
		5:15PM 6:15PM	3:15-4PM			
			EVENING			l.
	Vinyasa Flow	Strength (W)		Ι		I
Hip hop (W)		5:30-6:30PM	Barre (W)	Step (W)	Hip hop (A)	Flow Yoga (A) 7
4:45-5:45PM	Yoga(A)4-5pm	5:30-6:30PM	4:15-5:15PM	4:30-5:30PM	7-8PM	8PM
				- "		
Power Yoga	Sweat and HIIT	Cycle (H)	Synergy (F) 4:30-	Cardio		
(A)5-6PM	(W)4:30-5:15PM	6-6:50PM	5:15PM	Dance (E)		
		_		4:45-5:30 PM		
	Cardio Dance (E)	Vinyasa Yoga		Hatha Yoga		
Step and Strength	4:30-5:15PM	(A)	Pilates (A)	(A)		
(G) 6-7PM	1130 3113111	6:30-7:30PM	5:15-6PM	5-6PM		
				3 0.11		
	Step and	Zumba (E)				
Cycle(H)	Strength (G)	6:45-7:45PM	Step (W)	Strength (W)		
6-7PM	5:30-6:30PM	0.43 7.43111	5:30-6:30PM	5:45-6:45PM		
Zumba (G)	Cycle (H)	<b>Step</b> (w)6:45-	Cardio	Hatha Yoga		
7:15-8PM	6-7PM	7:45PM	Dance (E)	(A)		
			5:30-6:15PM	6:15-7:15 PM		
Synergy(F)7:15- 8PM	Vinyasa Yoga (A)	Step (W6:45-	Cycle (H)			
	6:15-7:15PM	7:45PM	6-6:45PM			
	Persian Dance	Pilates(W)7:45-	Mossa Group Power			
Yin & Meditation	(A) 7:30-8:30 PM		(G)			
(A) 7:30-8:30PM	(A) /.30-0:30 PM	8:30	6:45-7:45PM			
		Synergy(F)	Vinyasa			
		7:45-8:30pm	<b>Yoga</b> (A)6:45-7:45pm			
			_ , , , , , , , , , , , , , , , , , , ,			
	I		1	İ		ĺ

	I .		