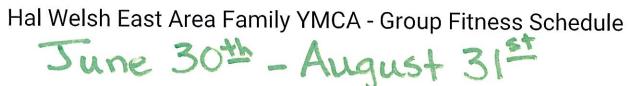


Group Ex



				Et Comment			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
BODYPUMP™ 5:45AM - 6:30AM	LES MILLS TONE™ 5:45AM - 6:30AM	BODYPUMP™ 5:45AM - 6:30AM	H.I.I.T. 5:45AM - 6:30AM	BODYPUMP™ 5:45AM - 6:30AM	VIRTUAL BODYBALANCE Base 6:40AM - 7:15AM	Yoga 8:30AM - 9:30AM	
VIRTUAL BODYBALANCE Base 6:40AM - 7:15AM	VIRTUAL BODYCOMBAT 30 Mins 6:45AM - 7:15AM	VIRTUAL DANCE 30 Mins 6:45AM - 7:15AM	VIRTUAL BODYBALANCE Base 6:40AM - 7:15AM	VIRTUAL BODYCOMBAT 30 Mins 6:45AM - 7:15AM	LES MILLS TONE™ 7:30AM - 8:20AM	BODYCOMBAT™ 9:30AM - 10:30AM	
Pound 7:30AM - 8:25AM	REFIT 7:30AM - 8:30AM	Forever Fit 7:30AM - 8:30AM	Chair Yoga 7:30AM - 8:30AM	REFIT 7:30AM - 8:30AM	Barre 8:30AM - 9:30AM	BODYPUMP™ 10:30AM - 11:30AM	
Forever Fit 8:30AM - 9:25AM	Pilates 8:30AM - 9:25AM	Pound 8:30AM - 9:30AM	Barre 8:30AM - 9:30AM	Forever Fit Plus 8:30AM - 9:30AM	H.I.I.T. 9:30AM - 10:30AM		
BODYCOMBAT™ 9:30AM - 10:25AM	STEP & Strength 9:30AM - 10:25AM	H.I.I.T. 9:30AM - 10:30AM	BODYCOMBAT™ 9:30AM - 10:30AM	BODYPUMP™ 9:30AM - 10:30AM	Zumba Toning 10:30AM - 11:30AM		
BODYPUMP™ 10:30AM - 11:25AM	NIA 10:30AM - 11:30AM	Dance Fit 10:30AM - 11:30AM	Yoga 10:30AM - 11:30AM	Pilates 10:30AM - 11:30AM	NIA		
WERQ 11:30AM - 12:25PM	Barre 11:30AM - 12:25PM	Chair Yoga 11:30AM - 12:30PM	NIA 11:30AM - 12:30PM	Tai Chi for Arthritis 11:30AM - 12:30PM	VIRTUAL DANCE 45 Mins		
Forever Fit Plus 12:30PM - 1:25PM	Forever Fit Plus 1:00PM - 1:55PM	Tai Chi for Arthritis 1:30PM - 2:30PM No class 7/16	Forever Fit Plus 1:00PM - 2:00PM	Chair Yoga 12:30PM - 1:30PM	VIRTUAL BODYBALANCE Flexibility 6:20PM - 6:50PM	* Charas	
VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL CORE 30			
	BODYCOMBAT 45	BODYBALANCE 45	BODYCOMBAT 45	Mins			
Mins 3:30PM - 4:15PM	Mins 3:30PM - 4:15PM	Mins 3:30PM - 4:15PM	Mins 3:30PM - 4:15PM	3:45PM - 4:15PM			
4	1	0.001 101 4.101 101	2.30FW - 4.13FW	•	L		



Wednesday



Monday

Tuesday

Hal Welsh East Area Family YMCA - Group Fitness Schedule

Thursday

Gym

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Sunday

WERQ

10:30AM - 11:30AM

Zumba

9:00AM - 10:00AM

Friday

Saturday

Boot Camp

10:30AM - 11:30AM



Hal Welsh East Area Family YMCA - Group Fitness Schedule

June 30 - August 31 - August 31

				7	64	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL RPM 50 Mins 5:45AM - 6:35AM	Cycle 5:45AM - 6:30AM	Cycle 5:45AM - 6:30AM	Cycle 5:45AM - 6:30AM	VIRTUAL RPM 50 Mins 5:45AM - 6:35AM	Cycle 7:30AM - 8:30AM	Cycle 8:30AM - 9:15AM
VIRTUAL RPM 50 Mins 7:00AM - 7:50AM	VIRTUAL THE TRIP 45 Mins 7:00AM - 7:45AM	VIRTUAL RPM 50 Mins 7:00AM - 7:50AM	VIRTUAL RPM 50 Mins 7:00AM - 7:50AM	VIRTUAL RPM 50 Mins 7:00AM - 7:50AM	Cycle 9:00AM - 9:45AM	Cycle 9:30AM - 10:15AM
Cycle 8:30AM - 9:15AM	Cycle 9:00AM - 9:45AM	Cycle 9:00AM - 9:45AM	Cycle 9:00AM - 9:45AM	Cycle 9:00AM - 9:45AM 15 Wincites	VIRTUAL RPM 50 Mins 11:00AM - 11:50AM	VIRTUAL RPM 50 Mins 10:30AM - 11:20AM
VIRTUAL RPM 50 Mins 9:30AM - 10:20AM	THE TRIP Live 45 Mins 12:00PM - 12:45PM	VIRTUAL RPM 50 Mins 12:00PM - 12:50PM	THE TRIP Live 45 Mins	VIRTUAL RPM 50 Mins 12:00PM - 12:50PM	TT.OOAW TT.OOAW	10.30AWI - 1.20AWI
VIRTUAL RPM 50 Mins 12:00PM - 12:50PM	Cycle 4:30PM - 5:15PM	VIRTUAL RPM 50 Mins 4:30PM - 5:20PM	VIRTUAL RPM 50 Mins 4:30PM - 5:20PM	VIRTUAL RPM 50 Mins 5:30PM - 6:20PM		
<i>VIRTUAL RPM 50 Mins</i> 4:30PM - 5:20PM	Cycle 5:45PM - 6:30PM	Cycle 5:30PM - 6:15PM	Cycle 5:30PM - 6:15PM		> anange	
Cycle 5:30PM - 6:30PM	VIRTUAL RPM 50 Mins 7:00PM - 7:50PM		VIRTUAL RPM 50 Mins 7:00PM - 7:50PM			