Hal Welsh East Area Family YMCA - Group Fitness Schedule

September 2nd – November 2nd

Cycle

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Paula 5:45AM - 6:30AM	Cycle Jessica 5:45AM - 6:30AM	Cycle Christine 5:45AM - 6:30AM	Cycle Ron 5:45AM - 6:30AM	VIRTUAL RPM 50 Mins 5:45AM - 6:35AM	Cycle Ron 7:30AM - 8:30AM	Cycle Angela 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 Sandy 9:00AM - 9:45AM	Cycle Paula 9:30AM - 10:15AM
Cycle Rachele 8:30AM - 9:15AM	Cycle Heather 9:00AM - 9:45AM	Cycle Briana 9:00AM - 9:45AM	Cycle Heather 9:00AM - 9:45AM	Cycle Heather 9:00AM - 10:00AM	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 12:00PM - 12:45PM	VIRTUAL RPM 50 Mins 12:00PM - 12:50PM		
VIRTUAL RPM 50 Mins 12:00PM - 12:50PM	Cycle Sandra 4:30PM - 5:15PM	Cycle Pete 4:30PM - 5:15PM	VIRTUAL RPM 50 Mins 4:30PM - 5:20PM	VIRTUAL RPM 50 Mins 5:30PM - 6:20PM		
Cycle Pete 4:30PM - 5:15PM	Cycle Angela 5:45PM - 6:30PM	VIRTUAL RPM 50 Mins 5:30PM - 6:20PM	Cycle Darcy 5:30PM - 6:15PM			
Cycle Christine 5:30PM - 6:30PM	VIRTUAL RPM 50 Mins 7:00PM - 7:50PM		VIRTUAL RPM 50 Mins 7:00PM - 7:50PM			