HOPKINS COUNTY FAMILY YMCA GROUP EX SCHEDULE



MON	TUES	WED	THURS	FRI	SAT	
TRX SUSPENSION 5:30AM-6:30AM TURF/CARDIO	GROUP CYCLING 5:15am-6:15am CYCLING STUDIO	TRX SUSPENSION 5:30AM-6:30AM TURF/CARDIO	MAX INTERVAL TRAINING 5:30AM-6:00AM STUDIO B	GROUP CYCLING 5:15AM-6:15AM CYCLING	BARBELLES 8:45AM-9:45AM GYM	
BODY PUMP 5:30AM-6:30AM STUDIO B	MAX INTERVAL TRAINING 5:30AM-6:00AM STUDIO B	BODY PUMP 5:30AM-6:30AM STUDIO B	HOT YOGA 5:30AM-6:30AM YOGA STUDIO	TRX SUSPENSION 5:30AM-6:30AM TURF/CARDIO	WATER X 9:00AM-9:45AM POOL	
STRENGTH 8:15AM-9:15AM GYM	ZUMBA TONE 8:15AM-9:15AM STUDIO A	STRENGTH 8:15AM-9:15AM GYM	ZUMBA TONE 8:15AM-9:15AM STUDIO A	BODY PUMP 5:30AM-6:30AM STUDIO B	BODY PUMP 9:00AM-10:00AM, STUDIO B	
SWEAT 8:30AM-9:30AM STUDIO B	HOT YOGA 8:30AM-9:30AM YOGA STUDIO	SWEAT 8:30AM-9:30AM STUDIO B	ARTHRITIS AQUATICS 8:30AM-9:15AM POOL	SWEAT 8:30AM-9:30AM STUDIO B	HOT YOGA 10:00AM-11:00AM YOGA STUDIO	
WATER WALKING 8:30AM-9:30AM POOL	ARTHRITIS AQUATICS 8:30AM-9:15AM POOL	HOT YOGA 8:30AM-9:30AM YOGA STUDIO	FOREVER FIT 9:30AM-10:30AM GYM	WATER WALKING 8:30AM-9:30AM POOL		
HOT YOGA 8:30AM-9:30AM STUDIO B	FOREVER FIT 9:30AM – 10:30AM GYM	WATER WALKING 8:30AM-9:30AM POOL		ACTIVE OLDER ADULTS 9:30AM-10:30AM GYM		
ACTIVE OLDER ADULTS 9:30AM-10:30AM GYM		ACTIVE OLDER ADULTS 9:30AM-10:30AM GYM		ROCK STEADY BOXING 11:00AM-12:00PM GYM		
ROCK STEADY BOXING 11:00AM-12:00PM GYM		ROCK STEADY BOXING 11:00AM-12:00PM GYM		STRONGER 4:15PM-5:00PM GYM		
AQUA EXERCISE 4:00PM-4:45PM POOL		AQUA EXERCISE 4:00PM-4:45PM POOL				
STRONGER 4:15PM-5:00PM GYM		STRONGER 4:15PM-5:00PM GYM				
			MIND AND BODY			
	具壁器里 SCAN ME			WELLNESS 50+ TOTAL FITNESS		
FOR CLASS					STRENGTH	
	RESERVATIONS				AQUATICS	
					CARDIO	

HOPKINS COUNTY FAMILY YMCA GROUP EX SCHEDULE



MON	TUES	WED	THURS	FRI	SAT	
HOT YOGA 5:00PM-6:00PM YOGA STUDIO	TONE & SCULPT BARRE 4:45PM-5:30PM BARRE STUDIO	GROUP CYCLING 5:30PM-6:30PM CYCLING STUDIO	INTRO TO HOT YOGA 5:00PM-5:45PM YOGA STUDIO			
GROUP CYCLING 5:30PM-6:30PM CYCLING STUDIO	GROUP CYCLING 5:00PM-6:00PM CYCLING	STRENTGH 6:00PM -7:00PM GYM	TONE & SCULPT BARRE 4:45PM-5:30PM BARRE STUDIO			
BODY BUMP 6:00PM -7:00 PM STUDIO B	TURN UP FITNESS 5:00PM-6:00PM GYM	BODY BUMP 6:00PM -7:00 PM STUDIO B	AQUA EXERCISE 6:15PM-7:00PM POOL			
	PILATES 5:45PM-6:30PM STUDIO B					
	AQUA EXERCISE 6:15PM-7:00PM POOL					
	RHYTHM 3:00PM-4:00PM STUDIO A			MIN	D AND BODY	
				WE	LLNESS 50+	
				тот	TOTAL FITNESS	
				S	TRENGTH	
				A	QUATICS	
具試器具 SCAN ME					CARDIO	
		CLASS VATIONS				