



Downtown YMCA Wellness Center | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS RPM™ The Studio	5:00AM-5:30AM (Virtual)		1:15PM-1:45PM (Virtual)	5:30AM-6:00AM (Virtual)			
LES MILLS BODYPUMP™ Main Floor	5:30AM-6:25AM (Group Fitness) <i>Kristen S.</i> 12:00PM-12:45PM (Group Fitness) <i>Deanna H.</i> 5:30PM-6:25PM (Group Fitness) <i>Fred P.</i>		5:45AM-6:40AM (Group Fitness) <i>Cynthia P.</i> 12:00PM-12:45PM (Group Fitness) <i>Deanna H.</i>			12:00PM-12:45PM (Group Fitness) <i>Deanna H.</i>	
LES MILLS BODYPUMP™ The Studio	5:45AM-6:30AM (Virtual)		6:00PM-6:55PM (Virtual)	5:15PM-6:10PM (Virtual)	4:00PM-4:45PM (Virtual)	8:15AM-9:10AM (Virtual)	
LES MILLS BODYBALANCE™ The Studio	7:00AM-7:45AM (Virtual) 1:00PM-1:45PM (Virtual) 7:00PM-7:45PM (Virtual)	5:30AM-6:00AM (Virtual) 5:30PM-6:25PM (Mind And Body) <i>Danielle D.</i>	6:15AM-7:30AM (Virtual) 7:00PM-7:45PM (Virtual)	6:15AM-6:45AM (Virtual) 6:15PM-7:00PM (Virtual)	6:00AM-6:55AM (Mind And Body) <i>Holly M.</i> 12:00PM-12:55PM (Mind And Body) <i>Alli R.</i>		
LES MILLS SPRINT™ The Studio	12:00PM-12:30PM (Virtual)	6:15AM-6:45AM (Virtual)			7:30AM-8:00AM (Virtual) 1:15PM-1:45PM (Virtual) <i>Lisa S.</i>		
LES MILLS BODYATTACK™ The Studio	4:45PM-5:40PM (Virtual)			7:15PM-7:45PM (Virtual)		7:15AM-8:00AM (Virtual) <i>Lisa S.</i>	
LES MILLS BARRE™ The Studio	6:15PM-6:45PM (Virtual)		12:00PM-12:55PM (Mind And Body) <i>Miki L.</i>				
Circuit Training Main Floor		5:45AM-6:15AM (Group Fitness) <i>Cynthia P.</i>		5:45AM-6:15AM (Group Fitness) <i>Cynthia P.</i>			
LES MILLS CORE™ Main Floor		6:15AM-6:45AM (Group Fitness) <i>Cynthia P.</i>		6:15AM-6:45AM (Group Fitness) <i>Cynthia P.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS CORE™ The Studio		1:00PM-1:30PM (Virtual)		1:00PM-1:30PM (Virtual)	5:00PM-5:30PM (Virtual)		
Yoga The Studio		4:15PM-5:10PM (Mind And Body) <i>Caroline F.</i>					
Zumba Meet Outside		6:00PM-7:00PM (Group Fitness) <i>Latesha H.</i>					
LES MILLS GRIT™ Cardio The Studio			5:30AM-6:00AM (Virtual)				