

Buehler YMCA - ADULT FITNESS S

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO	5:00-5:50 AM Jump Studio 3	5:00-5:50 AM Cycle	5:00-5:50 AM Cycle	6:00-6:50 AM Cycle	5:00-5:50 AM Jump Studio 3	6:00-6:45 AM Wake Up Call Studio 3	8:00-8:50 AM Cycle
	6:00-6:45 AM Wake Up Call Studio 3	6:00-6:50 AM Cycle	6:00-6:45 AM Wake Up Call Studio 3	9:00-10:00 AM Cardio Strength Studio 3	6:00-6:50 AM Cycle	7:00-7:50 AM Cycle	9:30-10:30 AM Yoga 1 Studio 4
	6:00-6:50 AM Cycle	9:00-10:00 AM Cardio Strength Studio 3	7:30-8:30 AM Tai Chi FAC	9:00-9:45 AM Pilates Mat 1	6:00-6:45 AM Wake Up Call Studio 3	7:00-8:00 AM Zumba Studio 3	10:15-11:15 AM Zumba SqD3
	7:30-8:30 AM Tai Chi FAC	9:00-9:45 AM Pilates Mat 1	9:10-10:10 AM F.I.T. SqD3	10:00-11:00 AM Zumba Gold SqD3	7:30-8:30 AM Tai Chi FAC	8:00-8:50 AM Cycle	10:15-11:00 AM Pilates Mat 2
	8:00-9:00 AM AM Fitness Studio 3	9:20-10:10 AM Cycle	9:20-10:10 AM Cycle	10:30-11:15 AM SilverSneakers Studio 3	8:00-9:00 AM AM Fitness Studio 3	8:10-8:40 AM Core n'More Gymnastics	11:00-11:45 AM Pilates Mat 1
	9:10-10:10 AM F.I.T. SqD3	10:00-11:00 AM Zumba Gold SqD3	10:30-11:30 AM Fit for Life SqD3	10:30-11:30 AM Yoga 1 Studio 4	9:10-10:10 AM F.I.T. SqD3	9:20-10:20 AM F.I.T./Cardio Studio 3	
	9:20-10:10 AM Cycle	10:30-11:15 AM SilverSneakers Studio 3	11:45-12:45 PM Y Weight Studio 3	11:15-11:45 AM Chair Yoga Studio 3	9:20-10:10 AM Cycle	10:30-11:30 AM Yoga 1 Studio 3	
	10:20-11:10 AM Cycle	10:30-11:30 AM Yoga 1 Studio 4	1:00-2:00 PM Yoga 1 Studio 3	12:30-1:00 PM Lunch Pilates	10:30-11:30 AM Fit for Life SqD3	11:35-12:05 AM Family Yoga Studio 3	
	10:30-11:30 AM Fit for Life SqD3	11:15-11:45 AM Chair Yoga Studio 3	5:45-6:45 PM Yoga 1 Studio 4	5:30-6:00 PM Core n'More Studio 3	11:45-12:45 PM Y Weight Studio 3	12:30-1:30 PM Zumba Studio 3	
	11:45-12:45 PM Y Weight Studio 3	12:30-1:00 PM Lunch Pilates	6:00-6:50 PM Cycle	6:00-7:00 PM Cycle	1:00-2:00 PM Yoga 1 Studio 4		
	1:00-2:00 PM Yoga 1 Studio 3	1:15-2:15 PM Yoga 1 Studio 4	6:30-7:30 PM F.I.T. Studio 3	6:00-6:45 PM Pilates Mat 1 Studio 4	6:00-7:00 PM Zumba Studio 3		
	6:15-7:00 PM Intro to Yoga Studio 4	6:00-7:00 PM Tai Chi Studio 3	7:30-8:30 PM Zumba SqD3	6:00-7:00 PM Cardio Strength Studio 3			
	6:30-7:30 PM F.I.T. Studio 3	6:00-7:00 PM Cycle		7:00-8:00 PM Zumba SqD3			
	7:00-8:00 PM Yoga 1 Studio 4	7:00-8:00 PM Zumba SqD3					
	7:30-8:30 PM Zumba SqD3						
	POOL	8:30-9:15 AM Arthritis	9:15-10:00 AM Arthritis	8:30-9:15 AM Arthritis	9:15-10:00 AM Arthritis	8:30-9:15 AM Arthritis	
9:15-10:15 AM Deep Water		12:05-12:45 PM Arthritis	8:30-9:30 AM Aqua Fit	12:05-12:45 PM Arthritis	8:30-9:30 AM Aqua Fit		
10:15-11 AM Aqua Fit		6:00-7:00 PM Pre/Postnatal	9:15-10:15 AM Deep Water	6:00-7:00 PM Pre/Postnatal	9:15-10:15 AM Deep Water		
7:15-8:15 PM Aqua Fit		7:15-8:15 PM Aqua Fit	10:15-11 AM Aqua Fit	7:15-8:15 PM Aqua Fit	10:15-11 AM Aqua Fit		
			7:15-8:15 PM Aqua Fit		7:15-8:15 PM Aqua Fit		
SPECIALTY	9:00-10:00 AM Reformer 1	8:00-9:00 AM TRX Circuit Studio 1	9:00-10:00 AM Reformer 1	9:00-10:00 AM TRX Body Blast Studio 1		9:00-10:00 AM TRX Tabata Studio 1	9:30-10:30 AM Reformer 1
	10:00-11:00 AM Reformer 1	10:00-12:00 PM Reformer 1	10:00-11:00 AM Reformer 1	10:00-12:00 PM Reformer 1	10:00-11:00 AM Reformer 1		
	12:00-12:45 PM Boot Camp PT Studio		5:30-7:30 PM Reformer 1	10:15-11:15 AM Cycle 4 Athletes			
	5:30-7:30 PM Reformer 1		7:00-8:00 PM TRX Body Blast Studio 1				
	6:00-7:00 PM TRX Body Blast Studio 1						