



# VIRTUAL GROUP EXERCISE SCHEDULE MAY 2024 WITHAM FAMILY YMCA

Exercising three times a week will improve your overall health. Our schedules are designed to make your health our priority. In most cases, class intensity can be adjusted for beginner through advanced needs. Your instructor will share modification options.

MON	TUE	WED	THUR	FRI	SAT
PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm	PLAY & LEARN: 9am-12pm
	5:30am-6:00am Les Mills CORE™				
	6:30-7:30am Les Mills BODYBALANCE™		6:30-7:30am Les Mills BODYBALANCE™		11:30-12:30pm Les Mills BODYBALANCE™
7:30-8:30am Les Mills BODYCOMBAT™	8:00-8:30am Les Mills RPM™	7:30-8:30am Les Mills BODYCOMBAT™	8:00-8:30am Les Mills RPM™	7:30-8:30am Les Mills BODYCOMBAT™	1:00-1:30pm Les Mills SPRINT™
	10:45-11:30am Les Mills BODYBALANCE™	10:45-11:30am Les Mills BODYBALANCE™			2:00-3:00pm Les Mills BODYATTACK™
	11:45-12:30pm Les Mills CORE™				3:15-3:45pm Les Mills CORE™
	1:00-2:00pm Les Mills BODYPUMP™	12:00-12:45pm Les Mills CORE™		12:00-12:45pm Les Mills BODYPUMP™	4:00-4:50pm Les Mills RPM™
		1:00-1:45pm Les Mills BODYATTACK™		1:00-1:45pm Les Mills BODYATTACK™	5:30-6:30pm Les Mills BODYPUMP™
2:00-2:30pm Les Mills SH'BAM™		2:00-2:30pm Les Mills SH'BAM™		2:00-2:30pm Les Mills SH'BAM™	<b>SUN</b>
3:00-3:30pm Les Mills SPRINT™	3:00-3:50pm Les Mills RPM™	3:00-3:30pm Les Mills SPRINT™	3:00-3:50pm Les Mills RPM™	3:00-3:30pm Les Mills SPRINT™	PLAY & LEARN: CLOSED
3:45-4:15pm Les Mills CORE™	4:15-4:45pm Les Mills BODYCOMBAT™	3:45-4:15pm Les Mills CORE™	4:15-4:45pm Les Mills BODYCOMBAT™	3:45-4:15pm Les Mills CORE™	11:30am-12:20pm Les Mills RPM™
				5:00-5:45pm Les Mills BODYATTACK™	12:45-1:45pm Les Mills BODYBALANCE™
				6:00-7:00pm Les Mills BODYPUMP™	2:00-2:45pm Les Mills BODYPUMP™
				7:15-8:00pm Les Mills BODYBALANCE™	3:00-3:45pm Les Mills BORNTOMOVE
8:00-8:30pm Les Mills SH'BAM™	8:00-8:30pm Les Mills BODYPUMP™	8:00-8:30pm Les Mills SH'BAM™	8:00-8:30pm Les Mills BODYPUMP™		4:30-5:00pm Les Mills CORE™
					5:15-5:45pm Les Mills SH'BAM™

**CLASS COLOR CODE:**

CARDIO	DANCE	CYCLE	MIND/BODY	STRENGTH	VIRTUAL AT HOME
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